CHILDREN'S HEALTH STARTS WITH HEALTHY COMMUNITIES.

The places children live, play and go to school, play a big part in how they grow up. We can all help to build the foundations for children to thrive. Our communities can provide quality health care; clean water, air and green spaces; nutritious food options; support for parents; and safe places to play and socialise.

Here are some simple ways that you can play your part:

CHILDREN THRIVE WHEN PARENTS ARE WELL SUPPORTED:

- Organise informal gatherings so families can get to know each other. This helps to build relationships and connect families.
- Listen to parents and reassure families that we all need support to navigate the ebbs and flows of parenting from time to time.
- Learn about the services in your area so that you can help parents to get the support they need. Focusing on the needs of children can be helpful in encouraging families to seek help.

CHILDREN NEED CLEAN, SAFE OUTDOOR SPACES:

- Advocate for clean safe parks, bike paths, and facilities in your local area. These make it easier for families to be active and to meet others in the neighbourhood.
- Organise an activity to include the ideas of children in designing the spaces that they use - this could be anything from planning their own play space or activity, to contacting your council about what children have said they want and need.

CHILDREN BENEFIT FROM QUALITY HEALTH SERVICES:

- Show families where they can access information about child development e.g. **www.raisingchildren.net.au**, Parentline, local doctor or child health service.
- As children get older, talk to them about how to get information about their own health. Together make a list of all the ways that they might like to access this information.
- Advocate for health services that support all children and adults throughout their lives. Services for families that take into account the needs of children achieve better outcomes for everyone.

CHILDREN NEED HEALTHY FOOD OPTIONS:

- Encourage healthy options for food in your canteen, tuckshop, vending machines, home, shop, or service.
- Organise opportunities for families to come together and share food. This can be a great way to try new foods and build friendships.
- Planting herbs and veggies, or preparing food with children can be great starting points for talking about what foods help us to grow up healthy and strong.

How are you going to play your part?
Send pictures of your activities via:
contact@napcan.org.au

The 2019 theme of Children's Week is based on Article 24, the United Nations Convention on the Rights of the Child, ***'Children have the right to good quality health care, clean water, nutritious food and a clean environment so that they will stay healthy.'***

CHILDREN'S WEEK™

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