

HEALTHY EATING & ORAL HEALTH

[Healthy Eating Advisory Service](#)

Information, training, resources & menu assessments to support ECS to provide and promote healthy food and drinks.

[Nutrition Australia](#)

Provide nutrition information & services to encourage healthy eating.

[Parents' Voice](#)

Online network of parents who are interested in improving the food and activity environments of Australian children.

[VegKIT](#)

Toolkits and strategies to increase children's vegetable intake.

[LiveLighter](#)

Access diverse resources that encourage families to lead healthier lifestyles through healthy eating, drinking and physical activity habits.

[Healthy Lunchbox Builder](#)

Interactive online resource to assist packing a healthy lunchbox which has been developed by dietitians.

[Munch & Move](#)

Resources for educators to assist with healthy eating messaging.

[Healthy Kids Association](#)

Information and resources for children, parents and educators focusing on healthy food choices.

[Dental Health Service Victoria](#)

Access a range of resources designed to support educators and families in oral health.

SUN SMART

[SunSmart](#)

Resources and tools outlining sun protection and how to reduce UV exposure.

PHYSICAL ACTIVITY & MOVEMENT

[Nature Play Australia](#)

Fact sheets to help understand the importance of play, challenges we face when it comes to play and ways we can overcome these challenges.

[Munch & Move](#)

Resources for educators to assist with physical activity messaging.

[Department of Health](#)

Guidelines for healthy growth and development for your child.

[Get Active Victoria](#)

Resources and activities to get active.

[My Community Life](#)

Kingston City Council's online hub for local events and activities.

MENTAL WELLBEING

[Be You](#)

Access to professional learning, tools and resources to support the mental health of children, families and educators.

[Beyond Blue: Healthy Families](#)

Provides parents/families with a diverse range of information and knowledge to help support young people in their lives, as well as supporting their own wellbeing.

[Head to Health](#)

An online platform to help find digital mental health resources from trusted service providers.

SAFE ENVIRONMENTS

[Kidsafe](#)

Flyers, factsheets & guidebooks on keeping children safe.

[Narragunnawali](#)

Supporting services to foster knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and contributions through providing access to professional learning, curriculum resources and actions.

[eSafety Commissioner](#)

Access to online programs, resources and training to support online safety.

[Body Safety Australia](#)

Resources to support children, families and educators to encourage body safety and respectful relationships.

[Level Playground](#)

Ideas for playing and learning for children, families and educators that support gender equity.

[Kingston Council: Road Safety](#)

Access to their Preschool Road Safety Education program that encourages road safety awareness for preschool children.

OTHER RESOURCES

[Raising Children Network](#)

Information, resources, advice for parents from pregnancy to adulthood.

[StartingBlocks](#)

Information, resources, advice & tips for childhood education and care.

[The Achievement Program: Library](#)

A library of resources across a range of health areas for children, staff and families.

TOBACCO, ALCOHOL & OTHER DRUGS

[Quit](#)

Information, tips and support to help you quit smoking.

[Alcohol & Drug Foundation](#)

Information and resources for discussing alcohol & drugs in early childhood.

[Smarter than Smoking](#)

Factsheets for parents or educators on smoking and the effect on health.

Have any questions on how health and wellbeing can be supported at your service?

Contact the Health Promotion Team at Central Bayside Community Health Services on prevention@cbchs.org.au