



Healthy Country Kids bundle:

Quick guide for families, carers and community

Purpose

The Healthy Country Kids (HCK) bundle is designed to help families, carers and other community groups and organisations understand child health and immunisation pathways. QR codes and quick links within the resources provide easy access to WA Country Health Service Public Health/Immunisation, Child Health and Virtual Child Health Services.

How to use the bundle

- Print '**Your roadmap to raising healthy country kids**' before or after birth to share information about upcoming child health nurse and immunisation contact points.
- Print '**Every immunisation matters schedule**' to provide information on how to protect your child at key ages.
- Print '**Appointment-tracker**' to help families keep track at home.
- Explore the QR codes available on all resources.
- Access all resources through this digital link:

www.wacountry.health.wa.gov.au/About-us/Publications/Resources



Simple key messages

- Attending child health appointments is essential in supporting a child's healthy growth and development.
- Immunisations, growth checks and developmental assessments are a normal and important part of early life and parenthood.
- Regular contact with a child health nurse helps children thrive and provides reassurance and support for parents and carers.
- Child health nurses are there to support babies, young children, and their families at every stage.

**The steps to raising a healthy country kid are simple.
They are essential for lifelong health, safety, and wellbeing.**