Kid’s Life is a service to support families to make healthy lifestyle choices. It is available for all families with children aged 5-12 living in the Sunbury area.

The Kid’s Life team includes trained experts in nutrition, activity and behaviour. After an initial session, the team will work with you and your family to meet your lifestyle goals.

The Kid’s Life team can help families to:

- Plan health and lifestyle goals
- Explore parenting strategies
- Understand food labels and marketing tricks
- Make healthy foods the easy choice
- Shop on a budget
- Be more active
- Build confidence and self esteem feel more confident

Cost
Sessions with Kid’s Life Co-ordinator are at no cost.
Session fees for other Service Providers involve a minimal fee

Contact
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