

# 8 Healthy Habits

Information is relevant for children aged 2 years and older



**healthykids**  
for professionals  
Weight management resources  
for health professionals

For more healthy habit tips visit  
[makehealthynormal.nsw.gov.au](http://makehealthynormal.nsw.gov.au)  
For health professional resources visit  
[pro.healthykids.nsw.gov.au](http://pro.healthykids.nsw.gov.au)

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