

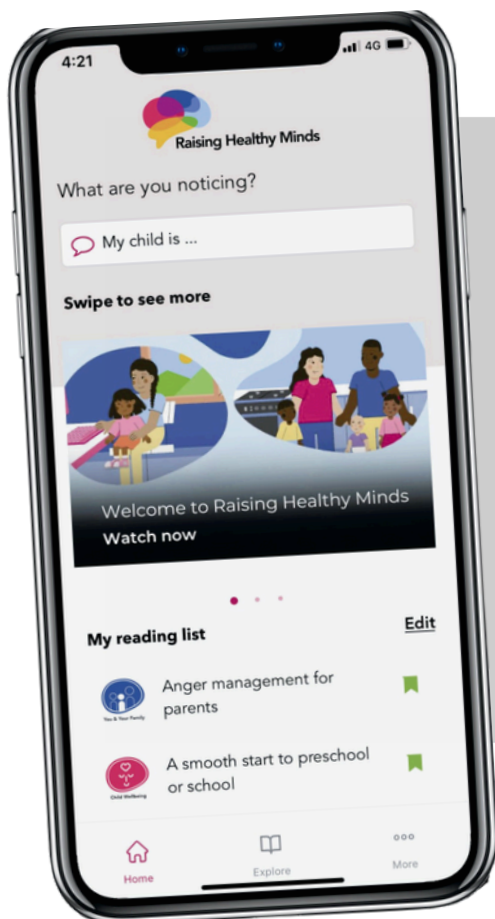


Raising Healthy Minds

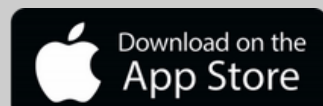
Do you have a question about your child's emotions, behaviours and wellbeing?

The Raising Healthy Minds app is a **FREE**, personalised pocket resource to help you raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support your child's social and emotional wellbeing from birth to age 12.



Download the app from Google Play or the App Store



Find out more about Raising Healthy Minds at raisingchildren.net.au/rhm