## KidsHealth

www.kidshealth.org.nz NZ's trusted voice on children's health

Check ideas for keeping tamariki and rangatahi healthy









Read about children's emotional and mental wellbeing



Watch
videos about
children's
health



Accurate & reliable information for NZ parents & whānau about the health & wellbeing of tamariki & rangatahi.
Endorsed by The Paediatric Society of New Zealand |
Te Kāhui Mātai Arotamariki o Aotearoa

Scan the QR code with your phone to go to the KidsHealth website