

Raising Child Health and Wellbeing

in Western Sydney

More than 90 per cent of a child's brain development happens during the first 5 years of their lives. During this time, parents, caregivers, general practitioners and anyone in a child's life play a critical role in setting the foundation for future growth and development.

Regular Well-Child checks with your general practitioner or paediatrician from birth help to keep track of immunisation and developmental progress. They also ensure children are meeting their milestones as needed. The My Personal Health Record (the Blue Book) is a great way of tracking your child's growth and developmental progress.

The Blue Book

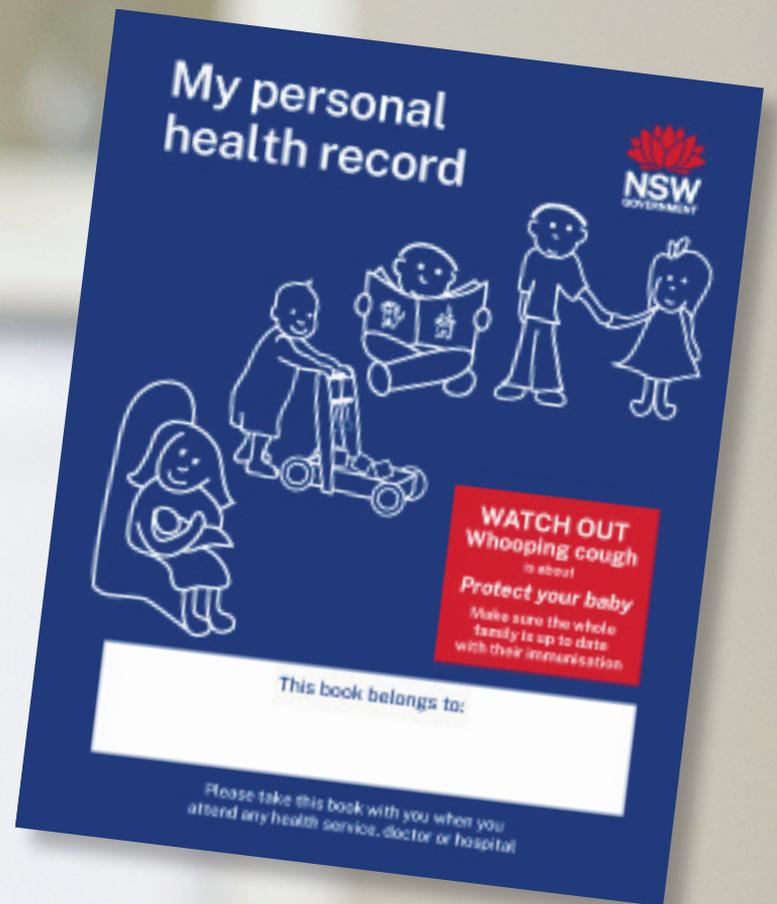
The Blue Book is given to new parents or caregivers at birth and is available in English and 18 other languages. Inside the Blue Book, you'll find pages for recording your child's milestones, visits to the doctor and immunisation records. By using this book, you can easily monitor your child's health and ensure they are on track with their development. It also serves as a helpful resource to share with health care providers during check-ups.

[Find out more about the Blue Book here](#)

The Importance of Immunisation

Immunisation is a key part of keeping your child healthy and protecting them from serious diseases. Vaccines help build your child's immunity, which is their body's defence against illness. The Blue Book contains information about which vaccines your child needs and when to get them.

There are several resources available for parents on the [NSW Health First five years webpage](#)



The Immunisation Bike Competition in Western Sydney

Do you have a 12-month, 18-month or four-year-old who is due for their immunisations? The 2025 Immunisation Bike Competition is now open and will run until 31 January 2026.

Children who are immunised at a participating practice can enter the annual prize draw to win a bike and helmet.

A list of participating practices and the competition entry form are available on the WentWest website. Please immunise your child at a participating practice and complete the competition entry form to join.

T&Cs apply.

[Learn more about the Immunisation Bike Competition here](#)