

Health Disclaimer

The information provided by The Growing Years is for educational and informational purposes only. It is not intended to replace medical advice, diagnosis or treatment.

Sleep and nutrition guidance is based on the information you provide and is general in nature. Individual needs may vary. Always seek advice from your GP, paediatrician or qualified healthcare provider regarding medical concerns, underlying conditions or before making significant changes to your child's diet, sleep practices or healthcare plan.

If you believe your child is experiencing a medical emergency, seek immediate medical attention.