

# Early-life contributors to child well-being

Diet plays a key role in supporting healthy physical and cognitive development

The gut-brain axis is bi-directional. A deeper understanding of this two-way relationship creates opportunities to change the focus of healthcare from the diagnosis and treatment of illness to the fostering of well-being.

## FACTORS SUPPORTING PHYSICAL AND COGNITIVE DEVELOPMENT



## FACTORS SUPPORTING THE DEVELOPMENT OF HEALTHY BEHAVIOURS

Maternal factors, feeding practices and healthy food choices contribute to optimal physical and cognitive development and support child well-being.

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