



# BRIGHT TOMORROWS

## THE PARENTING APP

# Start using Bright Tomorrows today

A child's brain is a remarkable little creature... forming over a million neural connections every second they're actively engaged. Meaningful moments, early and often, build young brains.

The Bright Tomorrows app gives parents and carers the tools they need to help build and develop their children's brains and to help them be healthy, happy kids.

Developed by child health experts, the tips on brain building 'moments' in the app are tailored to you and your child, fitting easily into your everyday life.

Download the free app now to see how Bright Tomorrows start today.



# Download Bright Tomorrows today

1

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2

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the App

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**Personalise**  
the app  
to your family's  
unique needs

4

**Try out**  
the moments  
suggested especially  
for you and your child

5

**Have fun**  
using these  
moments with  
your family!



[brighttomorrows.org.au](http://brighttomorrows.org.au)

 **BrightTomorrowsStartToday**



TELETHON  
**KIDS**  
INSTITUTE



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