

Maternal and Child Health Centres

as at 19 Nov 2024

Boori MCH Centre

Boori Childrens Services
21 Winchester Avenue,
Epping

Hazel Glen MCH Centre

Hazel Glen Child and Family Centre
65 Eminence Boulevard,
Doreen

Mernda Village MCH Centre

Mernda Village Community
Activity Centre
70 Mernda Village Drive,
Mernda

Bundoora MCH Centre

Bundoora Square Shopping Centre
Shop 7/5 Nickson Street,
Bundoora

Jindi MCH Centre

Jindi Family and Community Centre
48 Breadalbane Avenue,
Mernda

Mill Park Drive MCH Centre

7a Mill Park Drive,
Mill Park

Centenary Drive MCH Centre

2/68 Centenary Drive,
Mill Park

Kalkallo MCH Centre

Kalkallo Community Centre
33 Toyon Road,
Kalkallo

Mill Park Lakes MCH Centre

280b Gordons Road,
South Morang

Dalton Road MCH Centre

145b Dalton Road,
Thomastown

Kirrip MCH Centre

Kirrip Community Centre
135 De Rossi Boulevard,
Wollert

Olivine MCH Centre

995 Donnybrook Road
(enter via Olivine Blvd),
Donnybrook

Epping Views MCH Centre

Epping Views Family and
Community Centre
15a Lyndarum Drive,
Epping

Laurimar MCH Centre

Laurimar Community Activity Centre
110 Hazel Glen Drive,
Doreen

Orchard Road MCH Centre

Community and Early Learning
Centre
121 Orchard Road,
Doreen

Galada MCH Centre

Galada Community Centre
10c Forum Way,
Epping

Main Street MCH Centre

inside Thomastown Library
52 Main Street,
Thomastown

Pacific Epping MCH Centre

Pacific Epping Shopping Centre
Shop 111, 571-583 High Street,
Epping

Ganbu Gulinj MCH Centre

Ganbu Gulinj Community Centre
55 Macedon Parade,
Wollert

Mernda South MCH Centre

Mernda South Early Learning Centre
2 Goulburn Street,
Mernda

Whittlesea MCH Centre

Whittlesea Community Activity
Centre
57-61 Laurel Street,
Whittlesea

*The City of Whittlesea recognises the rich Aboriginal heritage of this country
and acknowledges the Wurundjeri Willum Clan as the Traditional Owners of this place*

Free telephone interpreter service
 131 450



2025 Term 3

Getting Started With Food

Suitable for families with children aged from
3 to 6 months

An evidenced-informed model of care to support parents
and caregivers with starting their child on solid foods.

whittlesea.vic.gov.au

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Purpose

Getting Started With Food supports parents and carers with children aged between **3 to 6 months of age** looking to commence foods.

The program will discuss when to commence on solid foods and the importance of healthy eating habits right from the start.

Topics include

- When and how to introduce solids.
- How much to feed your baby.
- Learn more about food allergies.
- Baby led weaning- what is it?
- Active play with your baby and the importance of self care.

Who can attend?

- Parents or caregivers of children aged from 3 to 6 months.
- Babies in arms are welcome.
- Due to limited space, please be mindful that prams, toddlers and older children cannot be accommodated.

Acknowledgements

City of Whittlesea, Maternal and Child Health Team will deliver evidence based research and information related to the INFANT (Infant Feeding, Active play and NuTrition) Program*. The INFANT Program* was developed by Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN).

The Team will be delivering a modified program to suit local needs.

My Baby Now App

The My Baby Now app is full of practical advice, tips and tools to help feed your baby. Scan the QR code for more details and to access the app.

Download the INFANT app My Baby Now for free using



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Getting Started With Food

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2025 Term 3 Sessions

Monday 21 July 10.30am - 12pm	Bundoora Maternal and Child Health Centre Bundoora Square Shopping Centre Shop 7/5 Nickson Street, Bundoora
Monday 4 August 10.30am - 12pm	Online Session You will be sent a link allowing you to connect from home.
Monday 18 August 10.30am - 12pm	Hazel Glen Maternal and Child Health Centre Hazel Glen Child and Family Centre 65 Eminence Boulevard, Doreen
Monday 1 September 10.30am - 12pm	Online Session You will be sent a link allowing you to connect from home.
Monday 15 September 10.30am - 12pm	Galada Maternal and Child Health Centre Galada Community Centre 10c Forum Way, Epping

Bookings and Enquiries

Speak with your Maternal and Child Health nurse or alternatively,

Telephone: 9217 2170

Email: mchprograms@whittlesea.vic.gov.au