# **City of Whittlesea Maternal and Child Health Service**

# **2025 Term 3**

# **Newborn Sleep and Settling**

**Suitable for children aged from birth to 6 months**

**Purpose**

To provide parents and caregivers the opportunity to gain knowledge and support in a group environment around their child’s sleep.

**Topics include**

* Tips and strategies to promote positive sleep patterns.
* Exploring how your baby communicates.
* Expectations around sleep.
* Your baby’s changing world.
* How do l sleep my baby safely?
* Looking after yourself.
* What other support is available?

**Who can attend?**

Parents or caregivers of children aged from birth to 6 months. Babies in arms are welcome.

Please be mindful that due to limited space, prams, toddlers and older children cannot be accommodated.

**Bookings and Enquiries**

Talk to your Maternal and Child Health nurse at your next visit or alternatively,

Telephone: 9217 2170

Email: mchprograms@whittlesea.vic.gov.au

**2025 Term 3 Sessions**

**Tuesday 29 July 10.30am – 12pm**

Dalton Road Maternal and Child Health Centre, 145b Dalton Road, Thomastown.

**Wednesday 13 August 2.30 – 4pm**

Online Session. You will be sent a link allowing you to connect from home.

**Thursday 4 September 10.30am – 12pm**

Galada Maternal and Child Health Centre, Galada Community Centre, 10c Forum Way, Epping.

**Tuesday 30 September 2.30 – 4pm**

Online Session. You will be sent a link allowing you to connect from home.