

Purpose

The Infant Program* supports parents with children between 3-12 months old and aims to promote healthy eating and active play behaviours in parents and their children.

Trained health professionals will offer support and practical advice to help parents get healthy eating and physical activity right throughout the various stages of your child's development.

Benefits

Improve your knowledge and increase your confidence to establish a healthy lifestyle for your child.

Become a role model for your child by promoting healthy eating as your child moves through the key development stages of 3 months, 6 months, 9 months and 12 months of age.

Who can attend?

Any parent or carer of children of the appropriate age. Fathers and grandparents are welcome.

Acknowledgements

The Infant Program* was developed by Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN).

The City of Whittlesea is delivering a modified program to suit local needs.

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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.



Original artwork created by Mandy Nicholson
Wurundjeri artist,

Traditional Wurundjeri motifs represent how we are connected to the earth, just like our finger prints.

Council Offices

25 Ferres Boulevard
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TTY 133 677 (ask for 9217 2170)

Email info@whittlesea.vic.gov.au
Web whittlesea.vic.gov.au

Free telephone interpreter service
 131 450



City of
Whittlesea

The Infant Program*

Series 8

Suitable for children born
October 2022 to September 2023

Supporting parents with advice on
healthy eating and active play right
from the start



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Content

3 months of age

- Find out when and how to introduce solids
- Find out what drinks to introduce
- Get some extra tips and budget hints.

6 months of age

- Starting to think about finger food
- How often and how much to feed
- What to drink
- Less fuss about food
- How to keep babies active
- Dental advice from Dental Health Services Victoria.

9 months of age

- Self feeding
- Ideas for keeping children entertained
- Safety in the home.

12 months of age

- Entertaining together as a family
- Changes to appetite
- Parent modelling
- Importance of play time rather than screen time.

My Baby Now app

As part of booking into this program, we recommend you download the free My Baby Now app before the session. The app is an evidence based resource, designed to complement the program and provides real time support to parents between sessions.

Bookings

Speak with your Maternal and Child Nurse or contact us on

Telephone 9404 8888 or email
mchprograms@whittlesea.vic.gov.au

Please avoid bringing prams (where possible) as there is limited space at the venues

* © Deakin University

The Infant Program*

Series 8 For infants born Oct 2022 to Sep 2023

Parents and carers are invited to attend four group sessions that provide age specific information.
These sessions will run when your child is 3, 6, 9 and 12 months of age.

Birth month	3 months 10:45am—12:15pm	6 months 10:45am—12:15pm	9 months 10:45am—12pm	12 months 10:45am—12pm
Oct-22	Mon 16 Jan 2023 Centenary Dv MCH	Thu 13 Apr 2023 Mernda Village MCH	Mon 10 Jul 2023 Epping Views MCH	Wed 25 Oct 2023 Dalton Rd MCH
Nov-22	Wed 15 Feb 2023 Galada MCH	Mon 1 May 2023 Centenary Dv MCH	Thu 10 Aug 2023 Mernda Village MCH	Mon 13 Nov 2023 Epping Views MCH
Dec-22	Thu 16 Mar 2023 Orchard Rd MCH	Wed 14 Jun 2023 Galada MCH	Mon 4 Sep 2023 Centenary Dv MCH	Thu 7 Dec 2023 Mernda Village MCH
Jan-23	Wed 5 Apr 2023 Dalton Rd MCH	Thu 13 Jul 2023 Orchard Rd MCH	Wed 11 Oct 2023 Galada MCH	Mon 22 Jul 2024 Centenary Dv MCH
Feb-23	Mon 8 May 2023 Epping Views MCH	Wed 23 Aug 2023 Dalton Rd MCH	Thu 16 Nov 2023 Orchard Rd MCH	Wed 21 Feb 2024 Galada MCH
Mar-23	Wed 14 Jun 2023 Mernda Village MCH	Mon 11 Sep 2023 Epping Views MCH	Wed 6 Dec 2023 Dalton Rd MCH	Thu 14 Mar 2024 Orchard Rd MCH
Apr-23	Mon 3 Jul 2023 Centenary Dv MCH	Wed 11 Oct 2023 Mernda Village MCH	Mon 15 Jan 2024 Epping Views MCH	Wed 3 Apr 2024 Dalton Rd MCH
May-23	Wed 2 Aug 2023 Galada MCH	Mon 6 Nov 2023 Centenary Dv MCH	Wed 14 Feb 2024 Mernda Village MCH	Wed 13 May 2024 Epping Views MCH
Jun-23	Thu 14 Sep 2023 Orchard Rd MCH	Wed 6 Dec 2023 Galada MCH	Tue 5 Mar 2024 Centenary Dv MCH	Wed 12 Jun 2024 Mernda Village MCH
Jul-23	Wed 4 Oct 2023 Dalton Rd MCH	Thu 11 Jan 2024 Orchard Rd MCH	Wed 10 Apr 2024 Galada MCH	Mon 1 Jul 2024 Centenary Dv MCH
Aug-23	Mon 20 Nov 2023 Epping Views MCH	Wed 7 Feb 2024 Dalton Rd MCH	Thu 9 May 2024 Orchard Rd MCH	Wed 14 Aug 2024 Galada MCH
Sep-23	Thu 14 Dec 2023 Mernda Village MCH	Mon 18 Mar 2024 Epping Views MCH	Wed 5 Jun 2024 Dalton Rd MCH	Thu 12 Sep 2024 Orchard Rd MCH

Select four sessions based on your child's birth month. If you cannot attend all sessions, select the nearest age appropriate date.

This program is offered from the following Maternal and Child Health Centres

<p>Centenary Drive MCH Centre 2/68 Centenary Drive Mill Park</p>	<p>Dalton Road MCH Centre 145b Dalton Road Thomastown</p>	<p>Epping Views MCH Centre Epping Views Family & Community Centre 15a Lyndarum Drive Epping</p>
<p>Galada MCH Centre Galada Community Centre 10c Forum Way Epping</p>	<p>Mernda Village MCH Centre Mernda Village Community Activity Centre 70 Mernda Village Drive Mernda</p>	<p>Orchard Road MCH Centre Orchard Road Community and Early Learning Centre 121 Orchard Road Doreen</p>