

## 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  
South Morang VIC 3752

Locked Bag 1  
Bundoora MDC VIC 3083

Tel 03 9217 2170  
TTY 133 677 (ask for 9217 2170)

Email [info@whittlesea.vic.gov.au](mailto:info@whittlesea.vic.gov.au)  
Web [whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

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Free telephone interpreter service  
 131 450

## The Infant Program\*

### Series 7

Suitable for children born  
October 2021 to September 2022

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



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\*Updated Feb 2023

## 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 7 For infants born Oct 2021 to Sep 2022

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—12pm	6 months 10:45am—12pm	9 months 10:45am—12pm	12 months 10:45am—12pm
Oct-21	Tue 11 Jan 2022 Orchard Rd MCH	Wed 6 Apr 2022 Kirrip MCH	Mon 4 Jul 2022 Orchard Rd MCH	Wed 5 Oct 2022 Kirrip MCH
Nov-21	Wed 2 Feb 2022 Centenary Dv MCH	Thu 12 May 2022 Dalton Rd MCH	Wed 3 Aug 2022 Centenary Dv MCH	Thu 3 Nov 2022 Dalton Rd MCH
Dec-21	Tue 1 Mar 2022 Kirrip MCH	Tue 7 Jun 2022 Orchard Rd MCH	Wed 7 Sep 2022 Kirrip MCH	Mon 5 Dec 2022 Orchard Rd MCH
Jan-22	Thu 7 Apr 2022 Dalton Rd MCH	Wed 6 Jul 2022 Centenary Dv MCH	Thu 6 Oct 2022 Dalton Rd MCH	Wed 11 Jan 2023 Centenary Dv MCH
Feb-22	Fri 6 May 2022 Orchard Rd MCH	Tue 2 Aug 2022 Kirrip MCH	Tue 8 Nov 2022 Orchard Rd MCH	Wed 1 Feb 2023 Kirrip MCH
Mar-22	Mon 6 Jun 2022 Centenary Dv MCH	Thu 8 Sep 2022 Dalton Rd MCH	Wed 7 Dec 2022 Centenary Dv MCH	Thu 2 Mar 2023 Dalton Rd MCH
Apr-22	Wed 13 Jul 2022 Kirrip MCH	Fri 7 Oct 2022 Orchard Rd MCH	Tue 10 Jan 2023 Kirrip MCH	Tue 4 Apr 2023 Orchard Rd MCH
May-22	Thu 4 Aug 2022 Dalton Rd MCH	Mon 7 Nov 2022 Centenary Dv MCH	Thu 9 Feb 2023 Dalton Rd MCH	Wed 3 May 2023 Centenary Dv MCH
Jun-22	Mon 5 Sep 2022 Orchard Rd MCH	Wed 14 Dec 2022 Kirrip MCH	Fri 10 Mar 2023 Orchard Rd MCH	Tue 6 Jun 2023 Kirrip MCH
Jul-22	Wed 12 Oct 2022 Centenary Dv MCH	Thu 12 Jan 2023 Dalton Rd MCH	Mon 3 Apr 2023 Centenary Dv MCH	Thu 6 Jul 2023 Dalton Rd MCH
Aug-22	Wed 9 Nov 2022 Kirrip MCH	Mon 6 Feb 2023 Orchard Rd MCH	Wed 10 May 2023 Kirrip MCH	Tue 1 Aug 2023 Orchard Rd MCH
Sep-22	Thu 1 Dec 2022 Dalton Rd MCH	Wed 1 Mar 2023 Centenary Dv MCH	Thu 1 Jun 2023 Dalton Rd MCH	Mon 4 Sep 2023 Centenary Dv 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

Centenary Drive MCH Centre  
2/68 Centenary Drive  
Mill Park

Dalton Road MCH Centre  
145b Dalton Road  
Thomastown

Kirrip MCH Centre  
Kirrip Community Centre  
135 De Rossi Boulevard  
Wollert

Orchard Rd MCH Centre  
Community and Early  
Learning Centre  
121 Orchard Road  
Doreen