

Maternal and Child Health Centres

Boori MCH Centre

Boori Childrens Services
21 Winchester Avenue,
Epping

Bundoora MCH Centre

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

Centenary Drive MCH Centre

2/68 Centenary Drive,
Mill Park

Dalton Road MCH Centre

145b Dalton Road,
Thomastown

Epping Views MCH Centre

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

Galada MCH Centre

Galada Community Centre
10c Forum Way,
Epping

Ganbu Gulinj MCH Centre

Ganbu Gulinj Community Centre
55 Macedon Parade,
Wollert

Hazel Glen MCH Centre

Hazel Glen Child and Family Centre
65 Eminence Boulevard,
Doreen

Jindi MCH Centre

Jindi Family and Community Centre
48 Breadalbane Avenue,
Mernda

Kirrip MCH Centre

Kirrip Community Centre
135 De Rossi Boulevard,
Wollert

Laurimar MCH Centre

Laurimar Community Activity
Centre
110 Hazel Glen Drive,
Doreen

Main Street MCH Centre

inside Thomastown Library
52 Main Street,
Thomastown

Mernda South MCH Centre

Mernda South Early Learning
Centre
2 Goulburn Street,
Mernda

Mernda Village MCH Centre

Mernda Village Community
Activity Centre
70 Mernda Village Drive,
Mernda

Mill Park Drive MCH Centre

7a Mill Park Drive,
Mill Park

Mill Park Lakes MCH Centre

280b Gordons Road,
South Morang

Olivine MCH Centre

995 Donnybrook Road
(enter via Olivine Blvd),
Donnybrook

Orchard Road MCH Centre

Community and Early Learning
Centre
121 Orchard Road,
Doreen

Pacific Epping MCH Centre

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

Whittlesea MCH Centre

Whittlesea Community Activity
Centre
57-61 Laurel Street,
Whittlesea



2024 Term 2

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.

*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



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.
- What you will need.
- How much to feed your baby.
- Learn more about food allergies.
- Baby led weaning- what is it?

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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2024 Term 2 Sessions

Monday, 15 April 10.30am - 12pm	Epping Views Maternal and Child Health Centre Epping Views Family and Community Centre 15a Lyndarum Drive, Epping
Monday, 29 April 10.30am - 12pm	Online Session You will be sent a link allowing you to connect from home.
Monday, 13 May 10.30am - 12pm	Bundoora Maternal and Child Health Centre Bundoora Square Shopping Centre Shop 7/5 Nickson Street, Bundoora
Monday, 27 May 10.30am - 12pm	Online Session You will be sent a link allowing you to connect from home.
Monday, 17 June 10.30am - 12pm	Orchard Road Maternal and Child Health Centre Community and Early Learning Centre 121 Orchard Road, Doreen

Bookings and Enquiries

Speak with your Maternal and Child Health nurse or alternatively,

Telephone: 9217 2170

Email: mchprograms@whittlesea.vic.gov.au