

## Purpose

The Infant Program\* supports parents with children between 3-18 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 12-18 months of age.

## Who can attend

Any parent or carer of children of the appropriate age. Fathers and grandparents 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 Infant Program\*

Suitable for children born  
October 2017 to September 2018

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



Series 3

### Council Offices

25 Ferres Boulevard  
South Morang VIC 3752

Locked Bag 1  
Bundoora MDC VIC 3083

Tel 03 9217 2170

Fax 03 9217 2111

TTY 133 677 (ask for 9217 2170)

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

[www.whittlesea.vic.gov.au](http://www.whittlesea.vic.gov.au)



### Free Telephone Interpreter Service

عربي	9679 9871
廣東話	9679 9857
Italiano	9679 9874
Македонски	9679 9875
普通话	9679 9876
Hrvatski	9679 9872
Ελληνικά	9679 9873
Türkçe	9679 9877
Việt-ngữ	9679 9878
Other	9679 9879

# The Infant Program\*

## 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 foods.
- How often and how much to feed.
- What to drink.
- Less fuss about food.
- How to keep babies active.
- Dental advice from Plenty Valley Community Health

## 9 months of age

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

## 12 - 18 months of age

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

### Bookings

Bookings are essential.  
Speak with your Maternal & Child Health Nurse or contact us on

**9404 8888**

or email [mch@whittlesea.vic.gov.au](mailto:mch@whittlesea.vic.gov.au)

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

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## Series 3 For infants born Oct 2017 to Sep 2018

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 12-18 months of age.**

Birth Month	3 Months 10:30am—12pm		6 Months 10:30am—12pm	9 Months 10:30am—12pm	12-18 Months 10:30am—12pm	
Oct 2017	Mon 8 Jan 2018 Centenary Dv MCH	or	Tue 16 Jan 2018 Orchard Rd MCH	Mon 9 Apr 2018 Centenary Dv MCH	Mon 9 Jul 2018 Dalton Rd MCH	Tue 2 Oct 2018 Centenary Dv MCH
Nov 2017	Mon 12 Feb 2018 Dalton Rd MCH	or	Tue 27 Feb 2018 Galada MCH	Tue 22 May 2018 Galada MCH	Tue 21 Aug 2018 Galada MCH	Tue 13 Nov 2018 Galada MCH
Dec 2017	Mon 5 Mar 2018 Centenary Dv MCH	or	Tue 20 Mar 2018 Orchard Rd MCH	Mon 4 Jun 2018 Centenary Dv MCH	Mon 10 Sep 2018 Dalton Rd MCH	Tue 4 Dec 2018 Centenary Dv MCH
Jan 2018	Mon 9 Apr 2018 Dalton Rd MCH	or	Tue 24 Apr 2018 Galada MCH	Tue 24 Jul 2018 Galada MCH	Tue 16 Oct 2018 Galada MCH	Tue 8 Jan 2019 Galada MCH
Feb 2018	Mon 7 May 2018 Centenary Dv MCH	or	Tue 15 May 2018 Orchard Rd MCH	Mon 6 Aug 2018 Centenary Dv MCH	Mon 12 Nov 2018 Dalton Rd MCH	Tue 5 Feb 2019 Centenary Dv MCH
Mar 2018	Mon 18 Jun 2018 Dalton Rd MCH	or	Tue 26 Jun 2018 Galada MCH	Tue 25 Sep 2018 Galada MCH	Tue 11 Dec 2018 Galada MCH	Tue 12 Mar 2019 Galada MCH
Apr 2018	Tue 17 Jul 2018 Centenary Dv MCH	or	Mon 2 Jul 2018 Orchard Rd MCH	Mon 1 Oct 2018 Centenary Dv MCH	Mon 14 Jan 2019 Dalton Rd MCH	Tue 2 Apr 2019 Centenary Dv MCH
May 2018	Mon 13 Aug 2018 Dalton Rd MCH	or	Tue 28 Aug 2018 Galada MCH	Tue 27 Nov 2018 Galada MCH	Tue 19 Feb 2019 Galada MCH	Tue 7 May 2019 Galada MCH
Jun 2018	Mon 3 Sep 2018 Centenary Dv MCH	or	Tue 11 Sep 2018 Orchard Rd MCH	Mon 3 Dec 2018 Centenary Dv MCH	Mon 18 Mar 2019 Dalton Rd MCH	Tue 4 Jun 2019 Centenary Dv MCH
Jul 2018	Mon 8 Oct 2018 Dalton Rd MCH	or	Tue 23 Oct 2018 Galada MCH	Tue 22 Jan 2019 Galada MCH	Tue 16 Apr 2019 Galada MCH	Tue 2 Jul 2019 Galada MCH
Aug 2018	Tue 20 Nov 2018 Centenary Dv MCH	or	Mon 5 Nov 2018 Orchard Rd MCH	Mon 11 Feb 2019 Centenary Dv MCH	Mon 13 May 2019 Dalton Rd MCH	Tue 6 Aug 2019 Centenary Dv MCH
Sep 2018	Mon 10 Dec 2018 Dalton Rd MCH	or	Tue 18 Dec 2018 Galada MCH	Tue 26 Mar 2019 Galada MCH	Tue 25 Jun 2019 Galada MCH	Tue 3 Sep 2019 Galada 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

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

**Dalton Road MCH Centre**  
145b Dalton Road  
Thomastown

**Galada MCH Centre**  
Galada Community Centre  
10c Forum Way  
Epping