

## 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

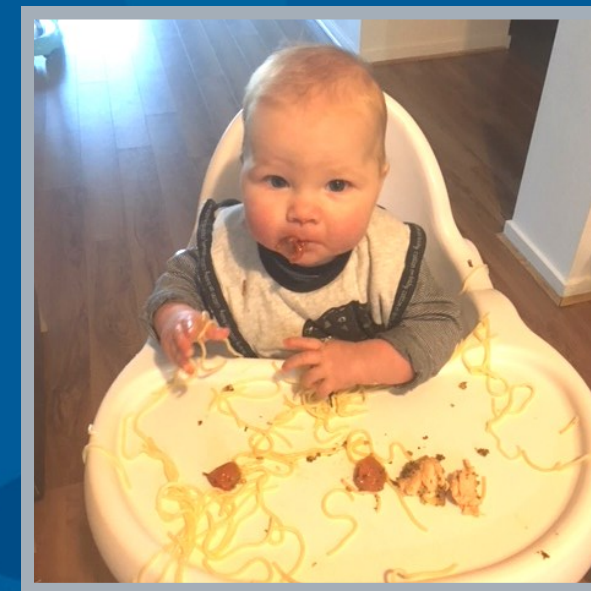
Any The Infant Program\* was developed by Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN). The City of Whittlesea is delivering a modified program to suit local needs.

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## The Infant Program\*

Suitable for children born  
October 2018 to September 2019

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



Series 4

Council Offices  
25 Ferres Boulevard  
South Morang VIC 3752

Locked Bag 1  
Bundoora MDC VIC 3083

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# The Infant Program\*

## 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 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.

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### Bookings

Speak with your Maternal & Child Health Nurse or contact us on

**9404 8888**

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

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

## Series 4 For infants born Oct 2018 to Sep 2019

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 2018	Mon 7 Jan 2019 Centenary Dv MCH	or	Tue 15 Jan 2019 Orchard Rd MCH	Mon 1 Apr 2019 Centenary Dv MCH	Mon 8 Jul 2019 Dalton Rd MCH	Tue 1 Oct 2019 Centenary Dv MCH
Nov 2018	Mon 11 Feb 2019 Dalton Rd MCH	or	Tue 26 Feb 2019 Galada MCH	Tue 28 May 2019 Galada MCH	Tue 13 Aug 2019 Galada MCH	Tue 12 Nov 2019 Galada MCH
Dec 2018	Mon 4 Mar 2019 Centenary Dv MCH	or	Tue 19 Mar 2019 Orchard Rd MCH	Mon 3 Jun 2019 Centenary Dv MCH	Mon 9 Sep 2019 Dalton Rd MCH	Tue 3 Dec 2019 Centenary Dv MCH
Jan 2019	Mon 8 Apr 2019 Dalton Rd MCH	or	Tue 23 Apr 2019 Galada MCH	Tue 23 Jul 2019 Galada MCH	Tue 15 Oct 2019 Galada MCH	Tue 14 Jan 2020 Galada MCH
Feb 2019	Mon 6 May 2019 Centenary Dv MCH	or	Tue 21 May 2019 Orchard Rd MCH	Mon 5 Aug 2019 Centenary Dv MCH	Mon 11 Nov 2019 Dalton Rd MCH	Tue 4 Feb 2020 Centenary Dv MCH
Mar 2019	Mon 17 Jun 2019 Dalton Rd MCH	or	Tue 11 Jun 2019 Galada MCH	Tue 24 Sep 2019 Galada MCH	Tue 10 Dec 2019 Galada MCH	Tue 3 Mar 2020 Galada MCH
Apr 2019	Mon 1 Jul 2019 Centenary Dv MCH	or	Tue 16 Jul 2019 Orchard Rd MCH	Mon 7 Oct 2019 Centenary Dv MCH	Mon 13 Jan 2020 Dalton Rd MCH	Tue 7 Apr 2020 Centenary Dv MCH
May 2019	Mon 12 Aug 2019 Dalton Rd MCH	or	Tue 27 Aug 2019 Galada MCH	Tue 26 Nov 2019 Galada MCH	Tue 18 Feb 2020 Galada MCH	Tue 5 May 2020 Galada MCH
Jun 2019	Mon 2 Sep 2019 Centenary Dv MCH	or	Tue 17 Sep 2019 Orchard Rd MCH	Mon 2 Dec 2019 Centenary Dv MCH	Mon 16 Mar 2020 Dalton Rd MCH	Tue 2 Jun 2020 Centenary Dv MCH
Jul 2019	Mon 14 Oct 2019 Dalton Rd MCH	or	Tue 22 Oct 2019 Galada MCH	Tue 28 Jan 2020 Galada MCH	Tue 21 Apr 2020 Galada MCH	Tue 7 Jul 2020 Galada MCH
Aug 2019	Mon 4 Nov 2019 Centenary Dv MCH	or	Tue 12 Nov 2019 Orchard Rd MCH	Mon 3 Feb 2020 Centenary Dv MCH	Mon 11 May 2020 Dalton Rd MCH	Tue 4 Aug 2020 Centenary Dv MCH
Sep 2019	Mon 9 Dec 2019 Dalton Rd MCH	or	Tue 17 Dec 2019 Galada MCH	Tue 24 Mar 2020 Galada MCH	Tue 16 Jun 2020 Galada MCH	Tue 1 Sep 2020 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 Rd 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