

Purpose

Who Needs Sleep is a program suitable for babies up to 12 months of age.

It aims to help parents better understand their children's sleep patterns and behaviours.

Information and support is provided on a number of sleep strategies such as tired signs, settling techniques, sleep cycles and sleep duration.

Benefits

Learn about your baby's sleep cycles and how it changes over time.

Establish strategies and techniques that can help your baby establish good sleep habits.

Learn how to recognise patterns in your child's sleep behaviour.

Discuss and share information to that may support you in this transition to parenting and managing sleep disruption.

Who Needs Sleep?

A sleep program for babies up to 12 months of age.



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**Free Telephone
Interpreter Service**

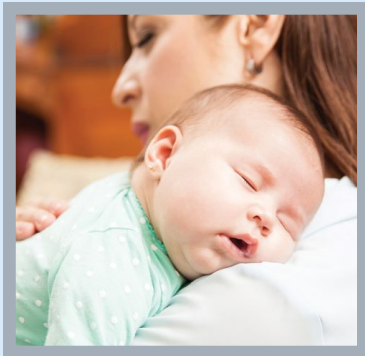
عربي	9679 9871
廣東話	9679 9857
Italiano	9679 9874
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普通话	9679 9876
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Việt-ngữ	9679 9878
Other	9679 9879

Who Needs Sleep?

Content

Information and discussion during the session will cover:

- Increased parental understanding of typical infant sleep.
- Tired signs and sleep patterns.
- Settling techniques.
- Information on referral for further support.



Bookings

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

9404 8888

mchprograms@whittlesea.vic.gov.au

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

2019 Series 3 and 4

Galada Maternal and Child Health Centre Galada Community Centre 10c Forum Way Epping					
Tue 2 Jul 2.30 – 4.30pm	Tue 6 Aug 2.30 – 4.30pm	Tue 3 Sep 2.30 – 4.30pm	Tue 1 Oct 2.30 – 4.30pm	No Nov Session	No Dec Session

Boori Maternal and Child Health Centre Butterfly Room 21a Winchester Avenue Epping					
Wed 10 Jul 2.30 – 4.30pm	Wed 14 Aug 2.30 – 4.30pm	Wed 11 Sep 2.30 – 4.30pm	Wed 9 Oct 2.30 – 4.30pm	Wed 13 Nov 2.30 – 4.30pm	Wed 11 Dec 2.30 – 4.30pm

Bundoora Maternal and Child Health Centre Bundoora Square Shopping Centre Shop 7/5 Nickson Street Bundoora					
Thu 18 Jul 2.30 – 4.30pm	Thu 22 Aug 2.30 – 4.30pm	Thu 19 Sep 2.30 – 4.30pm	Thu 17 Oct 2:30 – 4:30pm	Thu 21 Nov 2.30 – 4.30pm	Thu 19 Dec 2.30 – 4.30pm

Orchard Rd Maternal and Child Health Centre Community and Early Learning Centre 121 Orchard Road Doreen					
Fri 26 Jul 2.30 – 4.30pm	Fri 1 30 Aug 2.30 – 4.30pm	No Sep Session	Fri 25 Oct 2.30 – 4.30pm	Fri 29 Nov 2.30 – 4.30pm	No Dec Session