

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

Baby Sleep and Settling

Suitable for families with children aged from
6 to 12 months

An evidenced-informed model of care to support parents
and caregivers

*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



Purpose

To provide parents and caregivers the opportunity to gain knowledge and support in a group environment, around their child's sleep.

Topics include

- Tips and strategies to promote positive sleep patterns.
- Recognising baby cues.
- Explore where your baby sleeps.
- Find out what a sleep routine could look like.
- Discuss how sleep associations can influence your child's sleep.
- Looking after yourself.
- What other support is available.

Who can attend?

Parents or caregivers of children aged from 6 to 12 months.

Babies in arms are welcome.

Please be mindful that due to limited space, prams toddlers and older children cannot be accommodated.

Bookings and Enquiries

Talk to your Maternal and Child Health nurse at your next visit or alternatively,

Telephone: 9217 2170

Email: mchprograms@whittlesea.vic.gov.au

2024 Term 2 Baby Sleep and Settling

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Thursday 18 April 2.30 – 4pm	Epping Views Maternal and Child Health Centre Epping Views Family and Community Centre 15a Lyndarum Drive, Epping
Wednesday 1 May 2.30 – 4pm	Online Session You will be sent a link allowing you to connect from home.
Friday 10 May 10.30am – 12pm	Dalton Road Maternal and Child Health Centre 145b Dalton Road, Thomastown
Thursday 30 May 10.30am – 12pm	Mill Park Drive Maternal and Child Health Centre 7a Mill Park Drive, Mill Park
Thursday 6 June 10.30am – 12pm	Online Session You will be sent a link allowing you to connect from home.
Wednesday 12 June 2.30 – 4pm	Laurimar Maternal and Child Health Centre Laurimar Community Activity Centre 110 Hazel Glen Drive, Doreen
Tuesday 18 June 10.30am – 12pm	Dalton Road Maternal and Child Health Centre 145b Dalton Road, Thomastown
Thursday, 4 July 10.30am – 12pm	Online Session You will be sent a link allowing you to connect from home.