

Maternal and Child Health Centres

Boori MCH Centre
Boori Children's Services
21a Winchester Avenue,
Epping

Ganbu Gulinj MCH Centre
Ganbu Gulinj Community Centre
55 Macedon Parade,
Wollert

Mernda Village MCH Centre
Mernda Village Community
Activity Centre
70 Mernda Village Drive,
Mernda

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

Hazel Glen MCH Centre
Hazel Glen Child and Family Centre
65 Eminence Boulevard,
Doreen

Mill Park Drive MCH Centre
7a Mill Park Drive,
Mill Park

Centenary Drive MCH Centre
2/68 Centenary Drive,
Mill Park

Jindi MCH Centre
Jindi Family and Community Centre
48 Breadalbane Avenue,
Mernda

Mill Park Lakes MCH Centre
280b Gordons Road,
South Morang

Dalton Road MCH Centre
145b Dalton Road,
Thomastown

Kirrip MCH Centre
Kirrip Community Centre
135 De Rossi Boulevard,
Wollert

Olivine MCH Centre
995 Donnybrook Road
(enter via Olivine Blvd),
Donnybrook

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

Laurimar MCH Centre
Laurimar Community Activity Centre
110 Hazel Glen Drive,
Doreen

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

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

Main Street MCH Centre
inside Thomastown Library
52 Main Street,
Thomastown

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

Mernda South MCH Centre
Mernda South Early Learning Centre
2 Goulburn Street,
Mernda

Whittlesea MCH Centre
Whittlesea Community Activity Centre
57-61 Laurel Street,
Whittlesea



Toddler Sleep and Settling

Term 1 2023

Suitable for families with children 1-2 years

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
- Discussing how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Exploring other challenges such as fussy eating and changing sleep needs
- Where to sleep your toddler safely
- Looking after yourself
- What other support is available

Who can attend?

Parents or caregivers of children aged from 1-2 years.

Babies in arms are welcome.

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

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Tuesday 24 January 10.30am -12pm	Online session Via Health Direct platform
Friday 10 March 2.30 - 4pm	Mernda Village MCH Centre Mernda Village Community Activity Centre 70 Mernda Village Drive Mernda

Bookings and Enquiries

Talk to your Maternal and Child Health nurse at your next visit

or alternatively,

Telephone **9404 8888** or email

mchprograms@whittlesea.vic.gov.au and ask to be booked in.