# **City of Whittlesea Maternal and Child Health Service**

# **2024 Term 2**

# **Fun With Food**

Suitable for families with children aged from 6 to 12 months

An evidenced-informed model of care to support parents and caregivers with feeding their child solid foods.

**Purpose**

Fun With Food supports parents and carers with children aged between 6 to 12 months of age who have commenced on solid foods.

The program will explore giving solid foods and the importance of healthy early eating habits right from the start.

**Topics include**

* · To feed milk or food first?
* · Stages of texture progression.
* · The Importance of food and play exploration.
* · The difference between choking and gagging.
* · Where to get further support it you need it.

 **Who can attend?**

* Parents or caregivers of children aged from 6 to 12 months.
* Babies in arms are welcome.
* Due to limited space, please be mindful that prams, toddlers and

older children cannot be accommodated.

**Acknowledgements**

City of Whittlesea, Maternal and Child Health Team will deliver evidence based research and information related to the INFANT (INfant Feeding, Active play and NuTrition) Program\*.The INFANT Program\* was developed by Deakin University’s Centre for Physical Activity and Nutrition Research (C-PAN).

The Team will be delivering a modified program to suit local needs.

**Booking and Enquiries**

Speak with your Maternal and Child Health nurse or alternatively, telephone: 9217 2170 or email mchprogrrams@whittlesea.vic.gov.au

**2024 Term 2 Sessions**

**Monday, 22 April 10.30am - 12pm**

Orchard Road Maternal and Child Health Centre

Community and Early Learning Centre, 121 Orchard Road, Doreen

**Monday, 6 May 10.30am - 12pm**

Online Session

You will be sent a link allowing you to connect from home.

**Monday, 20 May 10.30am - 12pm**

Epping Views Maternal and Child Health Centre, Epping Views Family and Community Centre 15a Lyndarum Drive, **Epping**

**Monday, 3 June 10.30am - 12pm**

Online Session

You will be sent a link allowing you to connect from home.

**Monday, 24 June 10.30am - 12pm**

Bundoora Maternal and Child Health Centre, Bundoora Square Shopping Centre

Shop 7/5 Nickson Street, **Bundoora**