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

# **2025 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**

* Milk or food first? Purees or finger foods?
* The importance of food, active play and self care.
* 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.

**My Baby Now App**

The My Baby Now app is full of practical advice, tips and tools to help feed your baby. Download the INFANT app My Baby Now for free using.

**Booking and Enquiries**

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

**2025 Term 2 Sessions**

**Monday 28 April 10.30am - 12pm**

Bundoora Maternal and Child Health Centre, Bundoora Square Shopping Centre

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

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

Online Session

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

**Monday 2 June 10.30am - 12pm**

Hazel Glen Maternal and Child Health Centre, Hazel Glen Child and Family Centre

65 Eminence Boulevard, **Doreen**

**Monday 23 June 10.30am - 12pm**

Online Session

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

**Monday 7 July 10.30am - 12pm**

Galada Maternal and Child Health Centre,

Galada Community Centre

10c Forum Way, **Epping**