

## 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 4

## 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**



*Certified C Lloyd South Morang*

[whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

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## 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](mailto:mchprograms@whittlesea.vic.gov.au)

## 2024 Term 4 Baby Sleep and Settling Suitable for children aged from 6 to 12 months

Thursday 3 October  
10.30am—12pm

**Galada Maternal and Child Health Centre**  
Galada Community Centre  
10c Forum Way, **Epping**

Wednesday 23 October  
2.30pm—4pm

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

Thursday 14 November  
10.30am—12pm

**Hazel Glen Maternal and Child Health Centre**  
Hazel Glen Child and Family Centre  
65 Eminence Boulevard, **Doreen**

Thursday 28 November  
2.30pm—4pm

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

Tuesday 10 December  
10.30am—12pm

**Dalton Road Maternal and Child Health Centre**  
145b Dalton Road, **Thomastown**