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

# **2024 Term 4**

# **Baby Sleep and Settling**

**Suitable for children aged from 6 to 12 months**

**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 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 4 Sessions**

**Thursday 3 October 10.30am—12pm**

Galada Maternal and Child Health Centre, Galada Community Centre

10c Forum Way, Epping.

**Wednesday 23 October 2.30—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 2.30—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