

# 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

## Getting Started With Food

Suitable for families with children aged from  
3 to 6 months

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

*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



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

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## Purpose

Getting Started With Food supports parents and carers with children aged between **3 to 6 months of age** looking to commence foods.

The program will discuss when to commence on solid foods and the importance of healthy eating habits right from the start.

## Topics include

- When and how to introduce solids.
- How much to feed your baby.
- Learn more about food allergies.
- Baby led weaning- what is it?
- Active play with your baby and the importance of self care.

## Who can attend?

- Parents or caregivers of children aged from 3 to 6 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. Scan the QR code for more details and to access the app.

Download the INFANT app My Baby Now for free using



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# Getting Started With Food

## Suitable for children aged 3 to 6 months

### 2024 Term 4 Sessions

<b>Monday 30 September</b> <b>10.30am - 12pm</b>	<b>Epping Views Maternal and Child Health Centre</b> Epping Views Family and Community Centre 15a Lyndarum Drive, <b>Epping</b>
<b>Monday 14 October</b> <b>10.30am - 12pm</b>	<b>Online Session</b> You will be sent a link allowing you to connect from home.
<b>Monday 28 October</b> <b>10.30am - 12pm</b>	<b>Bundoora Maternal and Child Health Centre</b> Bundoora Square Shopping Centre Shop 7/5 Nickson Street, <b>Bundoora</b>
<b>Monday 25 November</b> <b>10.30am - 12pm</b>	<b>Online Session</b> You will be sent a link allowing you to connect from home.
<b>Monday 9 December</b> <b>10.30am - 12pm</b>	<b>Orchard Road Maternal and Child Health Centre</b> Community and Early Learning Centre 121 Orchard Road, <b>Doreen</b>

## Bookings and Enquiries

Speak with your Maternal and Child Health nurse or alternatively,

Telephone: 9217 2170

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