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

# **2025 Term 1**

# **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.

**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. 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 1 Sessions**

**Monday 13 January 10.30am - 12pm**

Bundoora Maternal and Child Health Centre, Bundoora Square Shopping Centre

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

**Monday 4 February 10.30am - 12pm**

Online Session

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

**Monday 17 February 10.30am - 12pm**

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

65 Eminence Boulevard, **Doreen**

**Monday 3 March 10.30am - 12pm**

Online Session

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

**Monday 24 March 10.30am - 12pm**

Galada Maternal and Child Health Centre

Galada Community Centre, 10c Forum Way, **Epping**