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

# **2025 Term 1**

# **Toddler Sleep and Settling**

**Suitable for children aged from 1 to 2 years**

**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.
* Discuss how sleep associations can influence your toddler’s sleep.
* The changing toddler world and how this impacts sleep.
* Exploring other challenges such as fussy eating and changing sleep needs.
* Where to sleep your toddler safely.
* Looking after yourself.
* What other support is available?

**Who can attend?**

Parents or caregivers of children aged 1 to 2 years of age. Babies in arms are welcome.

Please be mindful that due to limited space, prams, other 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

**2025 Term 1 Sessions**

**Wednesday 5 February 10.30am – 12pm**

Galada Maternal and Child Health Centre, Galada Community Centre

10c Forum Way, Epping.

**Tuesday 25 February 2.30 – 4pm**

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

**Wednesday 12 March 10.30am – 12pm**

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

65 Eminence Boulevard, Doreen.