

Purpose

The First Time Parent Group is offered over five weeks at one hour and forty-five minute sessions and aims to support first time parents, carers and guardians in their new role.

The group is designed to build parenting confidence and gain further knowledge in early childhood development.

It provides a space to connect with other parents where experiences may be shared and social and supportive networks can be established.

Benefits

- Increase parental confidence and normalise parenting experiences.
- Support parent/child interaction.
- Learn about child health and development.
- Meet other first time parents and learn from each other.
- Establish friendships and social networks.
- Join in some fun in an informal and supportive group.

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.



Original artwork created by Mandy Nicholson Wurundjeri artist,

Traditional Wurundjeri motifs represent how we are connected to the earth, just like our finger prints.

Council Offices

25 Ferres Boulevard
South Morang VIC 3752

Locked Bag 1
Bundoora MDC VIC 3083

Tel 03 9217 2170
TTY 133 677 (ask for 9217 2170)

Email info@whittlesea.vic.gov.au
Web whittlesea.vic.gov.au

Free telephone interpreter service

 131 450



First Time Parent Group

An information and support group for first time parents

Due to the COVID-19 pandemic, this program will be offered via the free online platform MS Teams



Attendance to this program is suitable for first time parents with babies born July, August or September 2020

Content

Over the course of five sessions, we will cover a range of topics that are of interest to the group. It will be guided and adapted to suit the needs of families.

Some areas of discussion may include your transition to parenthood, sleep and settling, diet and active play, parenting resources, and forming playgroups.

The sessions are facilitated by a Maternal and Child Health nurse and may include a visit by the Playgroup team.

Participants are encouraged to continue to develop social networks and create lasting friendships within a community playgroup setting.

Bookings

Via the Eventbrite link provided with the invitation to first time parents.

Enquiries

Telephone 9404 8888 or email mchprograms@whittlesea.vic.gov.au



2020 Series 4

Suitable for first time parents with babies born in July, August or September 2020

Select a group session at one of our Maternal and Child Health Centres

Main Street MCH Centre inside Thomastown Library 52 Main Street THOMASTOWN	Mill Park Lakes MCH Centre 280b Gordons Road SOUTH MORANG	Dalton Rd MCH Centre 145b Dalton Road THOMASTOWN	Centenary Drive MCH Centre 2/68 Centenary Drive MILL PARK
PM sessions 2:15pm - 4pm	AM sessions 10.45am - 12:30pm	AM sessions 10.45am - 12:30pm	PM sessions 2:15pm - 4pm
Fridays 6 November to 4 December	Tuesdays 20 October to 1 December (no session 3rd and 24th Nov)	Thursdays 22 October to 19 November	Wednesdays 28 October to 25 November
Galada MCH Centre Galada Community Centre 10c Forum Way EPPING	Korin Korin MCH Centre Child and Family Centre 20 Champions Parade WOLLERT	Epping Views MCH Centre Epping Views Family and Community Centre 15a Lyndarum Drive EPPING	Ganbu Galinj MCH Centre Ganbu Galinj Community Centre 55 Macedon Parade WOLLERT
PM sessions 2:15pm - 4pm	AM sessions 10.45am - 12:30pm	PM sessions 2:15pm - 4pm	AM sessions 10.45am - 12:30pm
Tuesdays 27 October to 8 December (no session 3rd and 24th Nov)	Mondays 19 October to 16 November	Wednesdays 21 October to 18 November	Thursdays 29 October to 26 November
Jindi MCH Centre Jindi Family and Community Centre 48 Breadalbane Avenue MERNDA	Mernda Village MCH Centre Mernda Village Community Activity Centre 70 Mernda Village Drive MERNDA	Orchard Rd MCH Centre Community and Early Learning Centre 121 Orchard Road DOREEN	Laurimar MCH Centre Laurimar Community Activity Centre 110 Hazel Glen Drive DOREEN
PM sessions 2:15pm - 4pm	AM sessions 10.45am - 12:30pm	AM sessions 10.45am - 12:30pm	PM sessions 2:15pm - 4pm
Mondays 19 October to 16 November	Tuesdays 27 October to 8 December (no session 3rd and 24th Nov)	Fridays 6 November to 4 December	Thursdays 22 October to 19 November

Each week the sessions will be live streamed using the free online platform Microsoft Teams.

If you have not used Microsoft Teams before and you plan to access the sessions from a mobile or tablet, please follow the instructions at this link <https://teams.microsoft.com/uswe-01/downloads> to make sure you have the app before the first session. Desktop computers do not need to download the program.