

## Purpose

The Infant Program\* supports parents with children aged 3 to 12 months and aims to promote healthy eating and active play behaviours in parents and their children.

Trained health professionals will offer support and practical advice to help parents get healthy eating and physical activity right throughout the various stages of their child's development.

## Benefits

Improve your knowledge and increase your confidence to establish a healthy lifestyle for your child.

Become a role model for your child by promoting healthy eating as your child moves through the key development stages of 3 months, 6 months, 9 months and 12 months of age.

## Who can attend?

Any parent or carer of children — fathers and grandparents welcome.

## Acknowledgements

The Infant Program\* was developed by Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN). The City of Whittlesea is delivering a modified program to suit local needs.

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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](mailto:info@whittlesea.vic.gov.au)  
Web [whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

Free telephone interpreter service  
 131 450



City of  
Whittlesea

## The Infant Program\*

Suitable for children born  
October 2019 to September 2020

Supporting parents with advice  
on healthy eating and active play  
right from the start



Series 5

\*©Deakin University

# The Infant Program\*

## Content

### 3 months of age

- Find out when and how to introduce solids
- Find out what drinks to introduce
- Get some extra tips and budget hints.

### 6 months of age

- Starting to think about finger food
- How often and how much to feed
- What to drink
- Less fuss about food
- How to keep babies active
- Dental advice from Dental Health Services Victoria.

### 9 months of age

- Self feeding
- Ideas for keeping children entertained
- Safety in the home.

### 12 months of age

- Entertaining together as a family
- Changes to appetite
- Parent modelling
- Importance of play time rather than screen time.

## Bookings

Go to [www.whittlesea.vic.gov.au/mch](http://www.whittlesea.vic.gov.au/mch) then click on 'Parenting Programs and Bookings' to secure your place.

Please avoid bringing prams (where possible) as there is limited space at the venue.

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## Series 5 For infants born Oct 2019 to Sep 2020

Parents and carers are invited to attend four group sessions that provide age-specific information. These sessions will run when your child is 3, 6, 9 and 12 months of age.

Birth month	3 months 10:45am—12pm	6 months 10:45am—12pm	9 months 10:45am—12pm	12 months 10:45am—12pm
Oct 2019	Mon 3 Feb 2020 Orchard Rd MCH	Tue 7 Apr 2020 Galada MCH	Mon 6 Jul 2020 Orchard Rd MCH	Tue 6 Oct 2020 Galada MCH
Nov 2019	Wed 5 Feb 2020 Centenary Dv MCH	Thu 7 May 2020 Dalton Rd MCH	Thu 6 Aug 2020 Centenary Dv MCH	Thu 5 Nov 2020 Dalton Rd MCH
Dec 2019	Tue 17 Mar 2020 Galada MCH	Mon 1 Jun 2020 Orchard Rd MCH	Tue 8 Sep 2020 Galada MCH	Mon 7 Dec 2020 Orchard Rd MCH
Jan 2020	Thu 2 Apr 2020 Dalton Rd MCH	Thu 2 Jul 2020 Centenary Dv MCH	Thu 1 Oct 2020 Dalton Rd MCH	Wed 13 Jan 2021 Centenary Dv MCH
Feb 2020	Mon 4 May 2020 Orchard Rd MCH	Tue 4 Aug 2020 Galada MCH	Mon 2 Nov 2020 Orchard Rd MCH	Tue 2 Feb 2021 Galada MCH
Mar 2020	Thu 4 Jun 2020 Centenary Dv MCH	Thu 10 Sep 2020 Dalton Rd MCH	Wed 2 Dec 2020 Centenary Dv MCH	Thu 11 Mar 2021 Dalton Rd MCH
Apr 2020	Tue 14 Jul 2020 Galada MCH	Mon 5 Oct 2020 Orchard Rd MCH	Tue 12 Jan 2021 Galada MCH	Mon 12 Apr 2021 Orchard Rd MCH
May 2020	Thu 13 Aug 2020 Dalton Rd MCH	Wed 4 Nov 2020 Centenary Dv MCH	Thu 11 Feb 2021 Dalton Rd MCH	Thu 6 May 2021 Centenary Dv MCH
Jun 2020	Mon 7 Sep 2020 Orchard Rd MCH	Tue 1 Dec 2020 Galada MCH	Mon 1 Mar 2021 Orchard Rd MCH	Tue 1 Jun 2021 Galada MCH
Jul 2020	Wed 7 Oct 2020 Centenary Dv MCH	Thu 14 Jan 2021 Dalton Rd MCH	Thu 15 Apr 2021 Centenary Dv MCH	Thu 1 Jul 2021 Dalton Rd MCH
Aug 2020	Tue 10 Nov 2020 Galada MCH	Mon 1 Feb 2021 Orchard Rd MCH	Tue 4 May 2021 Galada MCH	Mon 2 Aug 2021 Orchard Rd MCH
Sep 2020	Thu 3 Dec 2020 Dalton Rd MCH	Thu 25 Mar 2021 Centenary Dv MCH	Thu 3 Jun 2021 Dalton Rd MCH	Wed 1 Sep 2021 Centenary Dv MCH

Select four sessions based on your child's birth month. If you cannot attend all sessions, select the nearest age-appropriate date.

This program is offered from the following Maternal and Child Health Centres:

**Centenary Drive MCH Centre**  
2/68 Centenary Drive  
Mill Park

**Orchard Rd MCH Centre**  
Community and Early  
Learning Centre  
121 Orchard Road  
Doreen

**Dalton Road MCH Centre**  
145b Dalton Road  
Thomastown

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