

Purpose

The Infant Program* supports parents with children between 3-12 months old 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 your 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 of the appropriate age. 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.

* © Deakin University

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



The Infant Program*

Suitable for children born
October 2020 to September 2021

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



Series 6

*©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

Speak with your Maternal and Child Health Nurse or contact us on 9404 8888 or via mchprograms@whittlesea.vic.gov.au

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

*©Deakin University

Series 6 For infants born Oct 2020 to Sep 2021

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 2020	No Session Orchard Rd MCH	Tue 6 April 2021 Korin Korin MCH	Mon 5 July 2021 Orchard Rd MCH	Tue 5 October 2021 Korin Korin MCH
Nov 2020	Wed 24 February 2021 Centenary Dv MCH	Thu 13 May 2021 Dalton Rd MCH	Wed 4 August 2021 Centenary Dv MCH	Thu 4 November 2021 Dalton Rd MCH
Dec 2020	Thu 11 March 2021 Korin Korin MCH	Mon 7 June 2021 Orchard Rd MCH	Tue 7 September 2021 Korin Korin MCH	Mon 6 December 2021 Orchard Rd MCH
Jan 2021	Thu 8 April 2021 Dalton Rd MCH	Wed 7 July 2021 Centenary Dv MCH	Thu 7 October 2021 Dalton Rd MCH	Wed 12 January 2022 Centenary Dv MCH
Feb 2021	Mon 3 May 2021 Orchard Rd MCH	Tue 3 August 2021 Korin Korin MCH	Mon 1 November 2021 Orchard Rd MCH	Tue 1 February 2022 Korin Korin MCH
Mar 2021	Wed 2 June 2021 Centenary Dv MCH	Thu 2 September 2021 Dalton Rd MCH	Wed 1 December 2021 Centenary Dv MCH	Thu 3 March 2022 Dalton Rd MCH
Apr 2021	Tue 6 July 2021 Korin Korin MCH	Mon 4 October 2021 Orchard Rd MCH	Tue 11 January 2022 Korin Korin MCH	Mon 4 April 2022 Orchard Rd MCH
May 2021	Thu 5 August 2021 Dalton Rd MCH	Wed 3 November 2021 Centenary Dv MCH	Thu 3 February 2022 Dalton Rd MCH	Wed 4 May 2022 Centenary Dv MCH
Jun 2021	Mon 6 September 2021 Orchard Rd MCH	Tue 7 December 2021 Korin Korin MCH	Mon 7 March 2022 Orchard Rd MCH	Tue 7 June 2022 Korin Korin MCH
Jul 2021	Wed 6 October 2021 Centenary Dv MCH	Thu 13 January 2022 Dalton Rd MCH	Wed 6 April 2022 Centenary Dv MCH	Tue 5 July 2022 Dalton Rd MCH
Aug 2021	Tue 9 November 2021 Korin Korin MCH	Mon 7 February 2022 Orchard Rd MCH	Tue 3 May 2022 Korin Korin MCH	Mon 1 August 2022 Orchard Rd MCH
Sep 2021	Thu 2 December 2021 Dalton Rd MCH	Wed 2 March 2022 Centenary Dv MCH	Thu 2 June 2022 Dalton Rd MCH	Wed 7 September 2022 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

Dalton Road MCH Centre
145b Dalton Road
Thomastown

Korin Korin MCH Centre
Child and Family Centre
20 Champions Parade
Wollert

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