

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.

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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
Web whittlesea.vic.gov.au

Free telephone interpreter service
 131 450



City of
Whittlesea

The Infant Program*

Series 6

Suitable for children born
October 2020 to September 2021

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



*©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

Via the Eventbrite link found under 'Parenting Programs and Bookings' on our web site www.whittlesea.vic.gov.au/mch

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

Enquiries

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

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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 | Tue 16 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 | Thu 7 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