

Purpose

The First Time Parent Group is offered over seven 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.
- Gain knowledge and confidence in parenting in a fun, informal and supportive environment.

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
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Free telephone interpreter service

 131 450



First Time Parent Group 2021 Series 3

Suitable for first-time parents with babies born April, May or June 2021

An information and support group for first-time parents



Content

This program consists of seven sessions, five of which, will be facilitated by a Maternal and Child Health nurse and will cover a range of topics of interest to the group.

The final two sessions will be a chance for the group to meet without facilitation from the nurse.

Areas of discussion may include, transition to parenthood, introduction of solids, your child's development, play and safety.

Week two will be dedicated to Sleep and Settling for newborns where we will aim to provide a general understanding of normal infant sleep patterns and behaviours. Information will be provided on how to establish positive sleep routines and strategies will be discussed on how to address sleep and settling concerns.

A visit by the Playgroup team will also occur during the first five weeks to suggest ways the group can continue meeting beyond the program and within a playgroup setting.

Over the final two sessions, families will come together without a facilitator to plan and continue future catch-ups.

2021 Series 3

Suitable for first-time parents with babies born in April, May or June 2021

Select a group from one of our Maternal and Child Health Centre locations

<p>Mernda South MCH Centre Mernda South Early Learning Centre 2 Goulburn Street MERNDA 2:15pm - 4pm Mondays 5 July to 16 August</p>	<p>Mernda Village MCH Centre Mernda Village Community Activity Centre 70 Mernda Village Drive MERNDA 2:15pm - 4pm Tuesdays 13 July to 31 August (no session 17 Aug)</p>	<p>Orchard Road MCH Centre Community and Early Learning Centre 121 Orchard Road DOREEN 2:15pm - 4pm Fridays 16 July to 27 August</p>	<p>Whittlesea MCH Centre Whittlesea Community Activity Centre 57-61 Laurel Street WHITTLESEA 2:15pm - 4pm Wednesdays 7 July to 25 August (no session 14 July)</p>
<p>Boori MCH Centre Boori Children's Services Caterpillar Room 21a Winchester Avenue EPPING 2:15pm - 4pm Mondays 5 July to 16 August</p>	<p>Centenary Drive MCH Centre 2/68 Centenary Drive MILL PARK 2:15pm - 4pm Thursdays 15 July to 26 August</p>	<p>Epping Views MCH Centre Epping Views Family and Community Centre 15a Lyndarum Drive EPPING 2:15pm - 4pm Fridays 9 July to 20 August</p>	<p>Galada MCH Centre Galada Community Centre 10c Forum Way EPPING 2:15pm - 4pm Tuesdays 6 July to 24 August (no session 17 Aug)</p>
<p>Bundoora MCH Centre Bundoora Square Shopping Centre Shop 7/5 Nickson Street BUNDOORA 2:15pm - 4pm Thursdays 15 July to 26 August</p>	<p>Dalton Road MCH Centre 145b Dalton Road THOMASTOWN 2:15pm - 4pm Thursdays 15 July to 26 August</p>	<p>Main Street MCH Centre inside Thomastown Library 52 Main Street THOMASTOWN 2:15pm - 4pm Mondays 12 July to 23 August</p>	<p>Mill Park Drive MCH Centre 7a Mill Park Drive MILL PARK 2:15pm - 4pm Wednesdays 7 July to 25 August (no session 14 July)</p>
<p>Orchard Road MCH Centre Community and Early Learning Centre 121 Orchard Road DOREEN 10:15am - 12pm AM Session! Mondays 26 July to 6 September</p>			

Extra Group!
Due to popular demand

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

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