

## First Time Parent Group 2021 Series 3

A support program for first-time parents.

Attendance to this group is appropriate for first-time parents with babies born in the months of **January, February or March 2021**.

### 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.

### 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.

### Bookings

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

### Enquiries

Telephone 9404 8888 or email [mchprograms@whittlesea.vic.gov.au](mailto:mchprograms@whittlesea.vic.gov.au)

## **2021 Series 3**

### **Boori MCH Centre**

**Boori Children's Services Caterpillar Room 21 Winchester Avenue EPPING**

**Mondays 2:15pm – 4pm**

**5 July to 16 August**

### **Bundoora MCH Centre**

**Bundoora Square Shopping Centre Shop 7/5 Nickson Street BUNDOORA**

**Thursdays 2:15pm – 4pm**

**15 July to 26 August**

### **Centenary Drive MCH Centre**

**2/68 Centenary Drive MILL PARK**

**Thursdays 2:15pm – 4pm**

**15 July to 26 August**

### **Dalton Road MCH Centre**

**145b Dalton Road THOMASTOWN**

**Thursdays 2:15pm – 4pm**

**15 July to 26 August**

### **Epping Views MCH Centre**

**Epping Views Family and Community Centre 15a Lyndarum Drive EPPING**

**Fridays 2:15pm – 4pm**

**9 July to 20 August**

### **Galada MCH Centre**

**Galada 10c Forum Way EPPING**

**Tuesdays 2:15pm – 4pm**

**6 July to 24 August (no session 17 Aug)**

### **Main Street MCH Centre**

**inside Thomastown Library 52 Main Street THOMASTOWN**

**Mondays 2:15pm – 4pm**

**12 July to 23 August**

### **Mernda South MCH Centre**

**Mernda South Early Learning Centre 2 Goulburn Street MERNDA**

**Mondays 2:15pm – 4pm**

**5 July to 16 August**

### **Mernda Village MCH Centre**

**Mernda Village Community Activity Centre 70 Mernda Village Drive MERNDA**

**Tuesdays 2:15pm – 4pm**

**13 July to 31 August (no session 17 Aug)**

**Mill Park Drive MCH Centre**  
**7a Mill Park Drive MILL PARK**  
**Wednesdays 2:15pm – 4pm**  
**7 July to 25 August** (no session 14 July)

**Orchard Road MCH Centre**  
**Community and Early Learning Centre 121 Orchard Road DOREEN**  
**Fridays 2:15pm – 4pm**  
**16 July to 27 August**

**Orchard Road MCH Centre AM Sessions**  
**Community and Early Learning Centre 121 Orchard Road DOREEN**  
**Mondays 10:15am – 12pm**  
**26 July to 6 Sep**

**Whittlesea MCH Centre**  
**Whittlesea Community Activity Centre 57-51 Laurel Street WHITTLESEA**  
**Wednesdays 2:15pm – 4pm**  
**7 July to 25 August** (no session 14 July)