

## 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  
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



## First Time Parent Group 2022 Series 2

Suitable for first-time parents with babies born January, February or March 2022

### 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.

## 2022 Series 2

### Suitable for first-time parents with babies born in January, February or March 2022

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

|   |   |  |   |
|---|---|--|---|
| <b>Mernda South MCH Centre</b><br>Mernda South Early Learning Centre<br>2 Goulburn Street<br>MERNDA<br>2:15pm - 4pm<br>Wednesdays<br>20 April to 1 June                             | <b>Mernda Village MCH Centre</b><br>Mernda Village Community Activity Centre<br>70 Mernda Village Drive<br>MERNDA<br>2:15pm - 4pm<br>Wednesdays<br>27 April to 8 June | <b>Orchard Road MCH Centre</b><br>Community and Early Learning Centre<br>121 Orchard Road<br>DOREEN<br>2:15pm - 4pm<br>Tuesdays<br>19 April to 31 May                    | <b>Whittlesea MCH Centre</b><br>Whittlesea Community Activity Centre<br>57-61 Laurel Street<br>WHITTLESEA<br>2:15pm - 4pm<br>Tuesdays<br>26 April to 7 June |
| <b>Epping Views MCH Centre</b><br>Epping Views Family and Community Centre<br>15a Lyndarum Drive<br>EPPING<br>2:15pm - 4pm<br>Fridays<br>22 April to 10 June<br>(no session 27 May) | <b>Galada MCH Centre</b><br>Galada Community Centre<br>10c Forum Way<br>EPPING<br>2:15pm - 4pm<br>Wednesdays<br>27 April to 8 June                                    | <b>Ganbu Gulinj MCH Centre</b><br>Ganbu Gulinj Community Centre<br>55 Macedon Parade<br>WOLLERT<br>2:15pm - 4pm<br>Thursdays<br>21 April to 9 June<br>(no session 5 May) | <b>Mill Park Lakes MCH Centre</b><br>280b Gordons Road<br>SOUTH MORANG<br>2:15pm - 4pm<br>Tuesdays<br>19 April to 7 June<br>(no session 17 May)             |
| <b>Bundoora MCH Centre</b><br>Bundoora Square Shopping Centre<br>Shop 7/5 Nickson Street<br>BUNDOORA<br>2:15pm - 4pm<br>Wednesdays<br>20 April to 1 June                            | <b>Centenary Drive MCH Centre</b><br>2/68 Centenary Drive<br>MILL PARK<br>2:15pm - 4pm<br>Tuesdays<br>19 April to 31 May  | <b>Dalton Road MCH Centre</b><br>145b Dalton Road<br>THOMASTOWN<br>2:15pm - 4pm<br>Thursdays<br>21 April to 2 June   | <b>Mill Park Drive MCH Centre</b><br>7a Mill Park Drive<br>MILL PARK<br>2:15pm - 4pm<br>Tuesdays<br>26 April to 14 June<br>(no session 24 May)              |

**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)