

**Promoting Resilience -
Raising Confident Children**
Thursday 19 May
7.30 - 9.00pm

June

This session is for families with children 0-8 years of age, and will cover: Understanding resilience, and guiding behaviour to promote resilience, how to talk to your child to encourage confidence and resilience, helping your child understand and negotiate the rules of friendship and conflict, and some discussion on coping with disappointment, anger and aggression.

Presenter: FKA Children's Services
Book: maribyrnong.vic.gov.au/Events/Promoting-Resilience-Raising-Confident-Children

Children's Services Information Session
Tuesday 31 May, 10 - 11.00am
Thursday 16 June, 7 - 8.00pm

Are you new to parenting or new to the Maribyrnong area? This online session will include information on Maternal and Child Health, Immunisation, Libraries, Playgroups, and how to navigate the Central Registration System to register for Kindergarten and Long Day Child Care. There will also be an opportunity for questions.

Presenter: Maribyrnong City Council
Book: maribyrnong.vic.gov.au/Events/Childrens-Services-Information-Session

Baby Makes 3
Wednesday 1, 8, 15 June
6.30 - 8.30pm

This online program provides an opportunity to talk about the changes since becoming parents, and what it means for your family. Maribyrnong parents are invited to attend this three-session program.

Presenter: Baby Makes 3 Facilitators
Book: bookMCH@maribyrnong.vic.gov.au

The INFANT Program
12 months Tuesday 7 June, 1.30 - 3.00pm
6 months Wednesday 22 June, 1.30 - 3.00pm

INFANT sessions will help you learn about understanding and responding to your baby's cues, when and how to introduce solid foods, active play you can do together, and strategies for limiting screens.

Presenter: Maternal & Child Health, cohealth
Book: bookMCH@maribyrnong.vic.gov.au

Useful contacts

Maternal and Child Health

Interested in Sleep and Settling Information Sessions for 8 month olds or 18 month olds?
Call 9688 0501 or BookMCH@maribyrnong.vic.gov.au

Immunisation

Call 9688 0501 or 9688 0145 to make an appointment.

Register for long day childcare and kindergarten

Call 9688 0116 or visit maribyrnong.vic.gov.au/crs
The Central Registration Team can also assist you in person at Footscray Town Hall, or on Mondays at Braybrook Community Hub

Playgroups

Interested in joining a playgroup?
playgroups@maribyrnong.vic.gov.au

Maribyrnong City Council

61 Napier Street Footscray
Mail address
Phone:
After hours/emergency:
Fax:
Email:
www.maribyrnong.vic.gov.au

PO Box 58, West Footscray VIC 3012
9688 0200
9688 0200
9687 7793
email@maribyrnong.vic.gov.au



TIS 131 450

If you are deaf, hearing-impaired, or speech-impaired, please use the National Relay Services



TTY 133 677

Speak and listen **1300 555 727** www.relayservice.com.au

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**Parenting in
Maribyrnong
Calendar**



Baby Makes 3

Wednesday 13, 20, 27 April
6.30 - 8.30pm

This online program provides an opportunity to talk about the changes since becoming parents, and what it means for your family. Maribyrnong parents are invited to attend this three-session program.

Presenter: Baby Makes 3 Facilitators

Book: bookMCH@maribyrnong.vic.gov.au

Parenting in the First Year of Life

Wednesday 27 April
7 - 8.00pm

This online interactive session presented by experienced Parent Coaches will focus on: learning to meet babies needs, brain development and attachment to caregivers, promoting positive mental health in infants, managing crying and sleeping issues, and staying sane as a parent.

Presenter: Drummond Street Services.

Book: www.ds.org.au/events

Starting Kindergarten

Monday 2 May
7.30 - 9.00pm

This online session will provide families with up to date information on the value of kindergarten. There will be a panel of speakers who will focus on: how to make an informed choice, the importance of kindergarten, what children will learn, how to navigate the transition and support children's emotional wellbeing.

Presenter: Louise Dorrat, Early Childhood Consultant and Maribyrnong City Council

Book: maribyrnong.vic.gov.au/events/Starting-Kindergarten

Centrelink Families Information Session

Tuesday 10 May
10 - 10.45am

This session will include information on the Family Tax Benefit, Childcare Subsidy, Additional Childcare Subsidy, Child Dental Scheme, Child Support and Maintenance, and how to estimate family income, Mygov and Express Plus apps, and any Centrelink updates or changes.

Presenter: Services Australia

Location: Maidstone Child and Family Centre,
23 Burns St, Maidstone

Book: maribyrnong.vic.gov.au/Events/Centrelink-Families-Information-Session



May

May



The INFANT Program

6 months Tuesday 10 May, 1.30 - 3.00pm
9 months Wednesday 25 May, 1.30 - 3.00pm

INFANT sessions will help you learn about understanding and responding to your baby's cues/signs, when and how to introduce solid foods and a sippy cup, active play you can do together, and strategies for limiting screens. There will also be an opportunity for parents to share their tips.

Presenter: Maternal & Child Health, cohealth

Book: bookMCH@maribyrnong.vic.gov.au

Nutrition and Healthy Eating for Children

التغذية والأكل الصحي للأطفال

Monday 16 May
10 - 11.30am

This online session is for Arabic speaking families with children aged 3-5 years, and will include information on Australian Dietary Guidelines, how to make culturally informed, healthy food choices for kindergarten/school lunches, and lots of practical ideas for involving children. It will be presented in Arabic.

Presenter: Multicultural Centre for Women's Health

Location: Braybrook Community Hub, 107 - 139
Churchill Ave, Braybrook

Book: maribyrnong.vic.gov.au/Events/Nutrition

All sessions are FREE and may be held face to face or online. For the most up-to-date information visit: maribyrnong.vic.gov.au We welcome your ideas for future Parenting in Maribyrnong sessions. Please email infoearlyyears@maribyrnong.vic.gov.au