



March

### Centrelink Information for Families

**Thursday 17 March**  
**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 for Family Tax Benefit. Information will be shared on the Mygov and Express Plus apps, and any Centrelink updates or changes.

**Presenter:** Services Australia  
**Location:** Maribyrnong Community Centre, 9 Randall St, Maribyrnong  
**Book:** [centrelink.eventbrite.com.au](https://www.eventbrite.com.au/centrelink)

### Nutrition and Healthy Eating for Children

**Thursday 24 March**  
**7.30 - 9.00pm**

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

**Presenter:** Multicultural Centre for Women's Health  
**Book:** [nutrition24.eventbrite.com.au](https://www.eventbrite.com.au/nutrition24)

### Children's Services Information Session

جلسة معلومات خدمات الأطفال-

**Monday 28 March**  
**10 - 11.00am**

This online session in Arabic will provide an overview of Council services and 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.

**Presenter:** Maribyrnong City Council  
**Book:** [childrensservices.eventbrite.com.au](https://www.eventbrite.com.au/childrensservices)

### 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](mailto: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](https://www.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](mailto: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](http://www.maribyrnong.vic.gov.au)

PO Box 58, West Footscray VIC 3012

9688 0200

9688 0200

9687 7793

[email@maribyrnong.vic.gov.au](mailto: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](http://www.relayservice.com.au)

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## Parenting in Maribyrnong Calendar



February

### Play Inspirations from the Toy Library

Tuesday 8 February  
1.15 - 2.15pm

Come and explore the Toy Library. This fun and interactive session will focus on why play is important for the development of your child. Be inspired by the Toy Library collection, and get some tips for inexpensive items you can play with in your home. You are welcome to bring your child with you.

**Presenter:** Cat Sewell, Play Specialist  
**Location:** Maribyrnong Toy Library  
23 Burns St Maidstone  
**Book:** [playinspirations.eventbrite.com.au](http://playinspirations.eventbrite.com.au)

### Welcoming a New Baby

Friday 18 February  
10 - 11.30am

Are you welcoming another baby to your family soon, and thinking about how to prepare for the new addition? This session will discuss ways to prepare your older child for a sibling, look at common issues in this early parenting phase with a new baby, understanding your older child's needs and practical strategies for parents, and managing the care of more than one child.

**Presenter:** Maternal & Child Health  
**Location:** Maidstone Child & Family Centre,  
23 Burns St Maidstone  
**Book:** [welcomebaby.eventbrite.com.au](http://welcomebaby.eventbrite.com.au)

### Supporting Toddlers

Tuesday 22 February  
10 - 11.00am

This interactive session will discuss how to manage your toddler's behaviour, and how to make your home environment a safe place for your toddler. Tips and ideas will be shared, and there will be an opportunity for questions. There will also be some simple activities for toddlers available.

**Presenter:** Baptcare Family Services  
**Location:** Maribyrnong Community Centre,  
9 Randall St, Maribyrnong  
**Book:** [supportingtoddlers.eventbrite.com.au](http://supportingtoddlers.eventbrite.com.au)

### Triple T - Tips for Toilet Training

Thursday 24 February  
10 - 11.00am

This session will focus on the toilet training journey, and provide great tips. Find out how kindergarten staff can support your child, and there will be time for questions. Suitable for families with children 2-4 years of age.

**Presenter:** Maternal & Child Health  
**Location:** Maidstone Child & Family Centre,  
23 Burns St Maidstone  
**Book:** [toileting24feb.eventbrite.com.au](http://toileting24feb.eventbrite.com.au)

### Baby Makes 3

Wednesday 23 February, 2, 9 March  
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](mailto:bookMCH@maribyrnong.vic.gov.au)



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](http://maribyrnong.vic.gov.au) We welcome your ideas for future Parenting in Maribyrnong sessions. Please email [infoearlyyears@maribyrnong.vic.gov.au](mailto:infoearlyyears@maribyrnong.vic.gov.au)



March

### Play and Creativity

Monday 7 March  
10 - 11.00am

This interactive session will showcase how play and creativity helps your child's development, learning and wellbeing. Come along with your child 0-5 years and be creative together. The session will have lots of tips and ideas for creative play for children.

**Presenter:** Cat Sewell, Play Specialist  
**Location:** Braybrook Community Hub, 107-139  
Churchill Ave, Braybrook  
**Book:** [play7march.eventbrite.com.au](http://play7march.eventbrite.com.au)

### Emotions Coaching: Why and How?

Monday 7 March  
7.30 - 9.00pm

All parents know the struggles involved when little people have big emotions! Conflict, aggression, tears and tantrums can be hard to handle. Emotion Coaching is an easy-to-learn tool parents can use to help children when they're struggling with big feelings and behaviours. In addition to helping children recover more quickly when they're upset, Emotion Coaching helps parents use these moments as opportunities for teaching, so that children develop strong self-regulation and problem-solving skills. This session is packed full of helpful tips, videos and emotion coaching examples.

**Presenter:** Beth Macgregor Consultancy  
**Book:** [emotionscoach.eventbrite.com.au](http://emotionscoach.eventbrite.com.au)