



Parenting mini series

Date and time: 7.30-8.30pm, Mondays weekly from 28 August to 18 September

Location: Online

Presenter: Victoria University Psychology Unit

Book: [Maribyrnong.vic.gov.au/Events/Mini-Series](https://maribyrnong.vic.gov.au/Events/Mini-Series)

Parents and carers of primary school aged children are invited to attend this four week series presented by Victoria University Provisional Psychologists. The topics covered will be: Responding to children's anxiety, Healthy sibling and family relationships, Managing change, and Helping children manage big emotions. There will also be time for you to ask questions. Participants are able to book in for individual topics, and welcome to attend all four sessions.

Cycling with children

Date and time: 7.30-9pm, Thursday 12 September

Location: Online

Presenter: Maribyrnong Active Transport

Book: [Maribyrnong.vic.gov.au/Events/Cycling](https://maribyrnong.vic.gov.au/Events/Cycling)

This online session is for parents and carers of children aged 1-10 to learn more about cycling with children. Topics include: advice on how to ride safely with children, advice on local laws (riding on footpaths etc.), route suggestions and wayfinding in Maribyrnong, and basic bike maintenance advice (pumping up tyres, adjusting the seat, brakes). There will also be time for questions.

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 email 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 on Mondays at Braybrook Community Hub

Playgroups

Interested in joining a playgroup? Send an email to: playgroups@maribyrnong.vic.gov.au

Maribyrnong City Council

Mail address:

Phone:

Email:

Website:

PO Box 58, West Footscray VIC 3012

9688 0200

email@maribyrnong.vic.gov.au

www.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

Date and time: 6.30-8.30pm, Wed 28 June, 5, 12 July
Wed 9, 16, 23 August

Wed 20, 27 Sept, 4 October

Location: Online

Presenter: Baby Makes 3 Facilitators

Book: bookMCH@maribyrnong.vic.gov.au

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.

The INFANT nutrition program

Date and time:

6 month old: 7.30-9pm, Tuesday 4 July

6 month old: 1.30-3pm, Wed 19 July or Wed 21 Aug

9 months olds: 1.30-3pm, Wednesday 20 September

12 month old: 7.30-9pm, Tuesday 1 August

Location: Online

Presenter: Maternal & Child Health

Book: bookMCH@maribyrnong.vic.gov.au

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.

Centrelink information for families

Date and time: 10-11.00am, Monday 17 July

Location: Online

Presenter: Services Australia

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

This session will focus on Family Tax Benefit, Childcare Subsidy, Additional Childcare Subsidy, Child Dental Scheme, Child Support and Maintenance, and how to estimate family income.

Separation anxiety

Date and time: 10-11.00am, Tuesday 18 July

Location: Online

Presenter: McKillop Family Services

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

All children must learn to cope with temporary separations from their parents. Learning to be apart can be difficult for parents and children. However, parents need time to themselves occasionally and children benefit from spending time with other people. This session gives some suggestions to help you teach your preschooler to mix with others and calmly separate from you.

Raising an emotionally intelligent child

Date and time: 7.30-9pm, Thursday 20 July

Location: Online

Presenter: Mums Matter Psychology

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

This session, is for parents of children between two and teenage years and will cover: the importance of emotional intelligence; how to recognise, respond to, and validate what your child is feeling; how to be an effective emotion coach using the five steps of emotion coaching with kids of any age; ways to express understanding and empathy; and how to set limits and problem-solve with children.



Getting help if you have concerns about your child's development

Date and time: 2-3.00pm, Tuesday 25 July

Location: Braybrook Library, 107-109 Churchill Ave, Braybrook

Presenter: Brotherhood of St Laurence (BSL)

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

This free session will provide information on how to access supports if you have concerns about your child's development. It will include: connecting you to supports in your community, building your confidence to help your child participate in the things your family does every day, and helping you to apply for the NDIS if this is the right support for your child. There will also be a time for you to ask questions.



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