



May

Children Travelling Safely in Cars

Tuesday 11 May
11.30am-1.00pm

This online session provides important information on choosing, fitting and using rear facing car seats and baby capsules. Find out about Victorian road laws, your responsibilities and the impacts of incorrectly fitted seats. Part one of a two part session. Part two will cover forward facing child car seats for larger children. There will be a time to ask questions as well. The session will be delivered in English with Hindi subtitles.

Presenter: ELAA

Book: [safeincars.eventbrite.com.au](https://www.eventbrite.com.au/safeincars)

Nutrition and Healthy Eating for Children

Monday 17 May
7-8.30pm

This online session is for Hindi 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 Hindi.

Presenter: Multicultural Centre for Women's Health

Book: [Nutritionhindi.eventbrite.com.au](https://www.eventbrite.com.au/nutritionhindi)

Baby Makes 3

Wednesday 19, 26 May, 2 June
6.30-8.30pm

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

Presenter: Baby Make 3 Facilitators

Book: bookMCH@maribyrnong.vic.gov.au

Children's Services Information Session

Thursday 20 May
7.30-8pm

Are you new to parenting or new to the Maribyrnong area? This online session will provide an overview of Maternal and Child Health and Immunisation, Playgroups and Kindergarten and Long Day Child Care registrations. There will also be an opportunity for questions.

Presenter: Maribyrnong City Council

Book: [Childrenservices.eventbrite.com.au](https://www.eventbrite.com.au/childrenservices)

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](https://www.maribyrnong.vic.gov.au/crs)

Playgroups

Interested in joining a playgroup?

playgroups@maribyrnong.vic.gov.au

Maribyrnong City Council

Corner Hyde and Napier Streets Footscray
Mail address PO Box 58, Footscray VIC 3011
Phone: 9688 0200
After hours/emergency: 9688 0200
Fax: 9687 7793
Email: 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



Maribyrnong
CITY COUNCIL



Baby Makes 3

Wednesday 7, 14, 21 April

6.30-8.30pm

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

Presenter: Baby Make 3 Facilitators

Book: bookMCH@maribyrnong.vic.gov.au

Attachment and Bonding 0-3

Wednesday 14 April

10-11.00am

This online workshop will include: How to provide a foundation for secure attachment, the key ways to supporting security, and how adult response to children supports their developmental and emotional needs.

Presenter: MacKillop Family Services

Book: [Attachment0-3.eventbrite.com.au](https://www.eventbrite.com.au/Attachment0-3)

Nutrition and Healthy Eating for Children

Wednesday 21 April

10-11.30am

This online session is for Vietnamese 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 Vietnamese.

Presenter: Multicultural Centre for Women's Health

Book: [Nutritionvietnamese.eventbrite.com.au](https://www.eventbrite.com.au/Nutritionvietnamese)

Nature Play

Thursday 22 April

7.30-8.30pm

Hear all about why playing in nature, and with natural objects, is so great for your child aged 0-8 years. This interactive session will demonstrate lots of practical tips and ideas for you to be inspired to play in nature with your child.

Presenter: Cat Sewell, Play Specialist

Book: [natureplay22april.eventbrite.com.au](https://www.eventbrite.com.au/natureplay22april)

Nutrition and Healthy Eating for Children

Monday 26 April

10-11.30am

This session is for Arabic 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: [Nutritionarabic.eventbrite.com.au](https://www.eventbrite.com.au/Nutritionarabic)

Children's Services Information Session

Thursday 29 April

10-10.30am

Are you new to parenting or new to the Maribyrnong area? This online session will include information on Maternal and Child Health, Immunisation, 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: [Childrenservices.eventbrite.com.au](https://www.eventbrite.com.au/Childrenservices)



Baby Bonding and Attachment

Monday 3 May

7.30-8.30pm

An overview of the fascinating process of attachment between babies and their carers. Hints on developing a strong bond and ways to manage separation anxiety when the time comes.

Presenter: Drummond Street Services

Book: [babybonding.eventbrite.com.au](https://www.eventbrite.com.au/babybonding)

Starting Kindergarten

Wednesday 12 May

7-8.30pm

This online session will provide up to date information on the importance of kindergarten and some tips to support you and your child. A panel of speakers will discuss deciding when your child is ready for kindergarten, to choosing the right kindergarten, what children learn and how to settle your child into their kindergarten in a way that supports their emotional wellbeing.

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

Book: [StartingKindergarten.eventbrite.com.au](https://www.eventbrite.com.au/StartingKindergarten)



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