



November

Baby Makes 3

Wednesday 10, 11 & 24 November
6.30 - 8.30pm

This 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 online program.

Presenter: Baby Makes 3 Facilitators

Book: bookMCH@maribyrnong.vic.gov.au

Nutrition and Healthy Eating for Children

التغذية والأكل الصحي للأطفال

Monday 15 November
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: [nutrition15nov.eventbrite.com.au](https://www.eventbrite.com.au/e/nutrition15nov)

Centrelink Information for Families

Wednesday 17 November
10 - 10.45am

This online 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

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

The INFANT Program

6 months Tuesday 23 November 2 - 3.00pm

12 months Wednesday 24 November 1.30 - 3.00pm

6 months Wednesday 22 December 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: Baby Makes 3 Facilitators

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 Town Hall, or on Mondays at Braybrook Community Hub.

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

Connect with us



/maribyrnongcc



/Maribyrnong



cityofmaribyrnong



Parenting in Maribyrnong Calendar



Maribyrnong
CITY COUNCIL



Parenting Children Who Worry

Wednesday 6 October
11am - 12.00pm

This informative online session will explore an evidence based approach to helping families where children are anxious. Practical tips will be shared, and free resources provided. There will be time for questions too!

Presenter: Drummond Street Services
Book: www.ds.org.au/events

Literacy and Maintaining your Home Language

Thursday 7 October
7 - 8.30pm

This session is aimed at families with children 0-8 years. It will explore the following questions: What are the advantages of maintaining your home/community language? How can you encourage your child to continue using your home language? How will this help your child to learn English when you are not using English? How does maintaining your home language prepare your child for school?

Presenter: FKA Children's Services
Book: literacy.eventbrite.com.au

Play and Creativity

Monday 11 October
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
Location: Braybrook Community Hub, 107-139 Churchill Ave, Braybrook
Book: play11oct.eventbrite.com.au

Water Safety in Australia An toàn xung quanh Nước ở Úc 在澳洲小心溺水

Thursday 14 October
10 - 11.00am

A free online session for families with young children. It will include tips and ideas on how to play safely around water, different types of water environments, the role of lifesavers, swimming between the flags, dangers, and how to get help. Vietnamese and Chinese Bilingual worker available to translate.

Presenter: Life Saving Victoria
Book: watersafety14oct.eventbrite.com.au

The INFANT Program

12 months Tuesday 19 October 2 - 3.00pm
9 months Wednesday 27 October 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: Baby Makes 3 Facilitators
Book: bookMCH@maribyrnong.vic.gov.au



Centrelink Information for Families

Wednesday 20 October

10 - 10.45am

This online 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
Book: centrelinkforfamilies.eventbrite.com.au

Toilet Training Workshop

Wednesday 27 October

7.30 - 8.30pm

This workshop will provide some toilet training strategies and ideas, and will discuss the following questions: Do you want to make using the toilet more appealing for your child? Does your child hide behind the furniture looking guilty...rather than using the potty or toilet? Do you need support as your child transitions to kindergarten?

Presenter: Drummond Street Services
Book: www.ds.org.au/events

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 We welcome your ideas for future Parenting in Maribyrnong sessions. Please email infoearlyyears@maribyrnong.vic.gov.au