



July

Baby Makes 3

Wednesday 30 June, 7 & 14 July
6.30 - 8.30pm

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

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

The INFANT Program

12 months Tuesday 13 July, 2 - 3.00pm
9 months Wednesday 28 July, 2 - 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, 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

Supporting Children's Behaviour 2- 6 years

Tuesday 27 July
10 - 11.00am

A free online session for parents and carers of children 2-6 years. The session will include: how to use positive parent strategies, why challenging behaviours might exist, what stops children listening, how to see more desirable behaviour and less challenging behaviour. There will be an opportunity to ask questions as part of the session.

Presenter: MacKillop Family Services
Book: childrensbehavior2-6.eventbrite.com.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

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



Children Travelling Safely in Cars

Tuesday 1 June
11.30am - 1.00pm

This online session provides important information on choosing, fitting and using forward facing child car seats. Find out about Victorian road laws, your responsibilities and the impacts of incorrectly fitted seats. There will be a time to ask questions as well. This session will be delivered in English with a Burmese interpreter.

Presenter: Early Learning Association Australia
Book: safeincars1june.eventbrite.com.au

Thinking about Babies and Gender

Tuesday 8 June
11am - 12.00pm, 7.30 - 8.30pm

We don't often think a lot about gender when babies are small- but it's a great time to explore the issues around growing up in Australia. In this session we will present evidence based information, and you can make your own mind up about how you will handle the gender issues in your family.

Presenter: Drummond Street Services
Book: babiesandgender.eventbrite.com.au

eSafety's Guide to Parental Controls

Tuesday 8 June 12.30 - 1.30pm
Wednesday 16 June 7.30 - 8.30pm

This webinar will look at how parents and carers can set up devices and apps to help kids and young people stay safe online. For parents and carers of children aged 4-13. It will include the benefits and limitations of parental controls, how to set up iOS and Android devices and popular games and apps for safety, using family tech agreements and other parenting strategies to manage online risks.

Presenter: eSafety's Education and Training Team.
Book: ESafety's Guide to Parental Controls

Becoming a Dad

Thursday 10 June
7.30 - 8.30pm

It can be a joy, overwhelming, and a tiring time, but gradually fathers find their niche. This session will help you proactively decide how you want your role to look and how to support your partner, and parent in the best way for your unique child.

Presenter: Drummond Street Services
Book: becomingadad.eventbrite.com.au

The INFANT Program

9 months Tuesday 15 June , 2 - 3.00pm
6 months Wednesday 23 June , 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, strategies for limiting screens. There will also be an opportunity for parents to share their tips.

Presenter: Maternal and Child Health, cohealth
Book: bookMCH@maribyrong.vic.gov.au



Nutrition and Healthy Eating for Children ကလေးများအတွက်

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Monday 28 June
10 - 11.30am

This session is for Burmese families with children aged 3-5 years, and includes 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. The session will be presented in Burmese.

Presenter: Multicultural Centre for Women's Health
Location: Braybrook Community Hub, 107-139 Churchill Ave, Braybrook
Book: Nutritionburmese.eventbrite.com.au



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