

Parenting in Maribyrnong

October to December 2020

Children Travelling Safe in Cars

Tuesday 13 October 10-10.30 am



A free online session for parents of newborns and young children, providing important information on choosing, fitting and using the right child car seats or capsule for your child, as well as providing information on Victorian road laws, and the impact of incorrectly fitted child car seats.

Bookings:

[ChildrenTravellingSafeinCars.Eventbrite.com.au](https://www.eventbrite.com.au/ChildrenTravellingSafeinCars.Eventbrite.com.au)

Multicultural Virtual Meet a Lifeguard

Thursday 15 October 10 - 10.45am
Presented by Life Saving Victoria

A free online interactive workshop for families wanting to find out more about water safety in Australia. The session will provide tips and ideas on how to play safely around water, discuss different types of water environments, the role of lifesavers, swimming between the flags, dangers, and how to get help.

Bookings:

[MulticulturalVirtualMeetaLifeguard.Eventbrite.com.au](https://www.eventbrite.com.au/MulticulturalVirtualMeetaLifeguard.Eventbrite.com.au)

Parenting Children Who Worry

Monday 19 October 11 - 11.45am
Monday 19 October 7.30 - 8.15pm



This informative online session presented by Drummond Street services, 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!

Bookings:

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

Baby Makes 3

Wednesday 28 October, 4 & 11 November
Wednesday 2, 9 & 16 December
Groups will run from 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 workshop which will be facilitated by Baby Makes 3 trained facilitators.

Bookings:

9688 0501 or via bookmch@maribyrnong.vic.gov.au

Sleep and Settling online Information Sessions

Sessions for parents of eight month olds
Friday 16 October, 10-10.30am
Friday 27 October, 10-10.30am
Sessions for parents of eighteen month olds
Monday 5 October, 1.30-2pm
Monday 16 November, 1.30-2pm

This online session will provide information and guidance on typical sleep patterns, strategies about sleep concerns and tips on self-care for parents and carers. Session facilitated by Maribyrnong Maternal and Child Health Service.

Bookings: 9688 0501 or via

bookmch@maribyrnong.vic.gov.au



Further information

For further information about these parenting sessions, contact Council on 9688 0138 or

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infoearlyyears@maribyrnong.vic.gov.au

Cultivating Strength, Hope and Resilience for Ourselves and our Families

Tuesday 10 November 7.30-8.30pm



A free online seminar for parents and carers of 0-8 year old.

In an engaging session, Associate Professor Peggy Kern from the University of Melbourne's Graduate School of Education will help us consider how we build strength and resilience for ourselves, and our families as we continue to navigate the ups and downs of life, both now and into the future. The session will include insights and strategies, along with an opportunity for questions.

Bookings:

[CultivatingStrengthHopeandResilienceEventbrite.com.au](https://www.eventbrite.com.au/e/cultivating-strength-hope-and-resilience-for-ourselves-and-our-families)

Helping Kids Thrive Online

Tuesday 17 November 7.30-8.15pm

A free online webinar for parents and carers of children 5 - 12 years.

This session will explore strategies for addressing common digital parenting challenges, Ideas to start the conversation about harmful content, contact with strangers and online bullying, and share skills that young people need to protect themselves online and how to get help if things go wrong.

Bookings:

<https://attendee.gotowebinar.com/register/2273651916525583632>



Useful Contacts

Further information about these parenting sessions, contact Council on 9688 0138 or infoearlyyears@maribyrnong.vic.gov.au

Maternal and Child Health

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

Suggestions for future sessions

We welcome your ideas for future Parenting in Maribyrnong sessions.

Please email:

infoearlyyears@maribyrnong.vic.gov.au