

Supporting multilingualism

Monday 25 March, 7.30-9pm

Venue: online

Presenter: FKA Children's Services

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

This session is suitable for parents and carers with children birth to five years of age. It will include the importance and challenges of supporting home languages for children, strategies for maintaining home languages for children attending early childhood education settings, and how they can support your child's home language.

We welcome your ideas for future Parenting in Maribyrnong sessions. Please send your ideas to us at:

info@earlyyears@maribyrnong.vic.gov.au



Useful contacts

Maternal and Child Health

9688 0501 or bookMCH@maribyrnong.vic.gov.au

Immunisation

Call 9688 0501 or 9688 0145 to make an appointment.

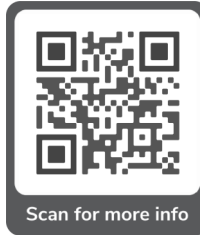
Register for long day childcare and kindergarten

Call 9688 0116 or visit maribyrnong.vic.gov.au/crs

Playgroups

Interested in joining a playgroup?

Email playgroups@maribyrnong.vic.gov.au



Scan the QR code for all Parenting in Maribyrnong session information.

Maribyrnong City Council

Mail address: PO Box 58, West Footscray VIC 3012

Phone: 9688 0200

Email: email@maribyrnong.vic.gov.au

Website: 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



JANUARY TO
MARCH 2024

All sessions are no cost and are held face-to-face or online. For the most up-to-date information visit maribyrnong.vic.gov.au

The INFANT nutrition program

6 month sessions

Wednesday 10 January, 1.30-3pm

Wednesday 24 January, 1.30-3pm

Wednesday 7 February, 1.30-3pm

Wednesday 27 March, 1.30-3pm

9 month sessions

Tuesday 5 March, 1.30-3pm

12 month sessions

Wednesday 21 February, 1.30-3pm

Venue: online

Presenter: Maternal Child Health

Book: bookMCH@maribyrnong.vic.gov.au

INFANT nutrition 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.

Baby makes 3

Wednesday 17, 24 and 31 January 6.30-8.30pm

Wednesday 13, 20 and 27 March, 6.30-8.30pm

Venue: 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.



Being a great dad

Tuesday 5 February, 6.30-7.30pm

Venue: online

Presenter: Drummond Street Services

Book: Maribyrnong.vic.gov.au/Events/Being-a-great-dad

This session is for fathers/father figures of children birth to five years of age and covers the changing role of dads, how to support the family when times are tough and what children need most. It will also touch on raising resilient children, mental and physical health and setting good routines in families.

Babies and toddlers

Tuesday 13 February, 7.30-8.30pm

Venue: online

Presenter: Karen Hope Consulting

Book: Maribyrnong.vic.gov.au/Events/Babies-and-toddlers

This session will discuss what typical baby and toddler behaviour looks like and the challenges and opportunities that can help you understand and support your child's learning and development.

Feeding fussy eaters

Tuesday 19 March, 7.30-9pm

Venue: online

Presenter: Your Community Health

Book: Maribyrnong.vic.gov.au/Events/Feeding-fussy-eaters

This session will explore positive mealtimes with preschoolers, and will cover:

- What drives your child's eating behaviours
- What is typical eating for your preschooler
- How to build feeding skills of your child and family
- How to create positive, enjoyable and practical mealtimes with your preschooler
- Practical strategies to manage picky eating
- Where to go for more help.

Triple T - tips for toilet training

Thursday 21 March, 7.30-8.30pm

Venue: online

Presenter: Maternal and Child Health

Book: Maribyrnong.vic.gov.au/Events/Triple-t-tips-for-toilet-training

This session will focus on the toilet training journey. Find out how kindergarten and long day child care staff can support your child. Suitable for families with children two to four years of age.

Centrelink information session for families

Monday 25 March, 10-11am

Venue: online

Presenter: Services Australia

Book: Maribyrnong.vic.gov.au/Events/Centrelink-information-session

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.