



September

Promoting Resilience - Raising Confident Children

Thursday 16 September
7.00 - 8.30pm

This information session is for families with children 0-8 years of age, and will cover the following topics: Understanding and identifying the components of resilience, understanding developmentally appropriate behaviours and capacities, how to talk to your child to encourage confidence and resilience. Helping your child understand and negotiate the rules of friendship and conflict, guiding behaviour to promote resilience and coping with disappointment, anger and aggression. There will be time for questions as well.

Presenter: FKA Children's Services
Book: [resilience-sept.eventbrite.com.au](https://www.eventbrite.com.au/e/resilience-september-2021)

Baby Makes 3
Wednesday 22, 29 September & 6 October
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

Sessions coming up in October

Parenting Children who Worry
Wednesday 6 October, 11am - 12.00pm

Literacy and Maintaining your Home Language
Thursday 7 October, 7.30 - 9.00pm

Play and Creativity
Monday 11 October, 10 - 11.00am

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





August

Baby Makes 3

Wednesday 11, 18 & 23 August
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

6 months Tuesday 17 August 2 - 3.00pm
12 months Wednesday 25 August 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 & Child Health, cohealth
Book: bookMCH@maribyrnong.vic.gov.au

September

Raising Multilingual Children

Friday 3 September
11am - 12.00pm

Professor John Hajek will talk about the importance of speaking to your child in your first language. He will also share practical tips and strategies to promote the use of first language with your child (0-12years). Burmese and Vietnamese interpreters will translate the information. Some simple activities for children 0-4 will be available.

Location: Braybrook Library, 107 - 109 Churchill Ave, Braybrook, 3019

Presenter: Melbourne University
Book: multilingualchildren.eventbrite.com.au

Centrelink Information for Families

Wednesday 8 September
10 - 10.45am

This session will include information on the Family Tax Benefit, 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

Raising Happy Toddlers

Thursday 9 September
7.30 - 8.30pm

This interactive session explores why toddlers behave as they do, how to help them regulate their emotions and how to stay calm as a parent. Participants will pick up some practical strategies and useful resources to take away.

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



September

The INFANT Program

9 months Tuesday 14 September 2 - 3.00pm
6 months Wednesday 22 September 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 & Child Health, cohealth
Book: bookMCH@maribyrnong.vic.gov.au



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