



The INFANT nutrition program

Date and time:

12 month olds: 1.30 - 3pm, Tuesday 14 November
6 months olds: 1.30 - 3pm, Wednesday 22 November
9 months olds: 1.30 - 3pm, Wednesday 13 December

Location: 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.

Gender equality

Date and time: 7.30 - 8.15pm, Wednesday 29 Nov

Location: Online

Presenter: GenWest

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

Come along to an interactive online session that will look at gender and the impacts gender stereotypes can have. There will be a range of videos and plenty of time for questions.

Baby makes 3

Date and time: 6.30-8.30pm

Wednesday 29 Nov, 6, 13 December

Location: 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. Maribyrnong parents are invited to attend this three-session program.



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 email 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 on Mondays at Braybrook Community Hub

Playgroups

Interested in joining a playgroup? Send an email to: playgroups@maribyrnong.vic.gov.au

Maribyrnong City Council

Mail address:

Phone:

Email:

Website:

PO Box 58, West Footscray VIC 3012

9688 0200

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





October

The INFANT nutrition program

Date and time:

6 month old: 1.30 - 3pm, Wednesday 3 October
6 month old: 1.30 - 3pm, Wednesday 18 October

Location: 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.

Cycling with children

Date and time: 10.15 - 11.15am, Monday 16 October

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

Presenter: Maribyrnong Active Transport

Book: Maribyrnong.vic.gov.au/Events/Cycling

This session is for parents and carers of children aged 1-10 to learn more about cycling with children. Topics include: advice on how to ride safely with children, advice on local laws (riding on footpaths etc.), route suggestions and wayfinding in Maribyrnong, and basic bike maintenance advice (pumping up tyres, adjusting the seat, brakes). There will also be time for questions.

Balancing the needs of more than one child

Date and time: 7.30 - 9.00pm, Thursday 26 October

Location: Online

Presenter: Mums Matter Psychology

Book: Maribyrnong.vic.gov.au/Events/Multiples

This online session is suitable for anyone with more than one child in their family, and will focus on current research, practical strategies and information including: common difficulties managing the needs of more than one child, attachment styles and interplay between siblings including sibling rivalry, common patterns related to birth order, strategies for respectful care for the whole family. There will be a question and answer time as well.

Triple T - tips for toilet training

Date and time: 7.30 - 8.30pm, Tuesday 24 October

Presenter: Maternal & Child Health

Book: Maribyrnong.vic.gov.au/Events/Toilet-Training

This online session will focus on the toilet training journey, and provide you with tips and time for questions. Find out how kindergarten and long day child care staff can support your child. Suitable for families with children 2 -4 years of age.

Parenting mini series

Date and time: 7.30 - 8.30pm, Mon 30 October, 6,13,20 November

Location: Online

Presenter: Victoria University Psychology Unit

Book: Maribyrnong.vic.gov.au/Events/Mini-Series

Parents and carers of primary school aged children are invited to attend this four week series presented by Victoria University Provisional Psychologists. The topics covered will be: responding to children's anxiety, healthy sibling and family relationships, managing change, and helping children manage big emotions.



November

Baby makes 3

Date and time: 6.30-8.30pm

Wednesdays 1,8,15 November

Location: 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. Maribyrnong parents are invited to attend this three-session program.

Learning through play

Date and time: 7.30-9.00pm, Thursday 16 November

Location: Online

Presenter: FKA Children's Services

Book: Maribyrnong.vic.gov.au/Events/LearnPlay

This online session is for families with children birth to 5 years of age and will cover: how learning occurs in the early years and implications for learning, brain development how children learn about science, technology, english and maths (STEM) through play, and practical strategies to support long term learning skills. There will also be an opportunity to ask questions.



All sessions are FREE and may be held face to face or online. 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