



Sleep and settling sessions



These free sessions will provide information and guidance on typical sleep patterns for babies. Learn strategies to address sleep concerns, and tips on self-care for parents and carers of babies from birth – 2 years of age. These information sessions will be facilitated by Council's fully qualified and experienced Maternal and Child Health nurses.

When:

Monday 27 October, 10-11.30am, Toddlers 1-2 years

Monday 27 October, 1.30-3.00pm, Young babies birth-5 months

Monday 10 November, 10-11.30am, 6-12 month old babies

Places are limited and bookings are essential.

Bookings:

www.maribyrnong.vic.gov.au//Events/Sleep-and-settling-sessions

More information: 9688 0501 or BookMCH@maribyrnong.vic.gov.au