

# INFANT Parenting Sessions

## 18 June 2024 - 6 months age group session



the place  
to live



The INFANT program developed by Deakin University promotes healthy eating, active play and reduced screentime for babies aged from 3 months to 18 months. INFANT is designed to be delivered as a 4x2-hour session program. Families can choose to attend a number of sessions, or the age/stage session that suits them best. Each of the four sessions is targeted to a specific age group (i.e. 3 months, 6 months, 9 months and 12 months session) and provides information on key program topics including nutrition/feeding, active play, and parental self-care and wellbeing. Families participating in the program are encouraged to utilise the My Baby Now App for additional information and support until their child is 18 months of age.

### DATE, TIME and LOCATION

6 Months group session  
**Tuesday 18 June 2024**, 10-11.30am, Reservoir

East Family Centre (15 Gisborne Crescent, Reservoir)

**Register** your interest by completing the Early Parenting Programs Booking Form at [www.darebin.vic.gov.au/support-for-parents](http://www.darebin.vic.gov.au/support-for-parents) or by scanning the QR code provided below.

*Darebin City Council acknowledges the Wurundjeri Woi-Wurrung people as the Traditional Owners and custodians of the land and waters we now call Darebin, and pays respect to their Elders, past and present. Council also recognises other Aboriginal and Torres Strait Islander people and communities who have a long-standing and unique role in the life of the Darebin municipality. The early parenting programs aims to be an accessible, equitable, inclusive, safe and respectful service which actively welcomes and supports the inclusion of all children and their families. We value and*



For further information please contact us at [email@darebin.vic.gov.au](mailto:email@darebin.vic.gov.au) or 8470 8888. Further text here if required.

#### CITY OF DAREBIN

274 Gower Street, Preston  
PO Box 91, Preston, Vic 3072  
T 8470 8888 F 8470 8877  
E [mailbox@darebin.vic.gov.au](mailto:mailbox@darebin.vic.gov.au)  
[darebin.vic.gov.au](http://darebin.vic.gov.au)



**National Relay Service**  
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If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.



**Speak Your Language**  
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