



**Want the latest information
on feeding and play for
your baby?**

Join the INFANT Program!



Group sessions



Four face-to-face group sessions led by a health professional when your baby is around 3, 6, 9, and 12 months old.



Phone app

Group sessions are supported by a phone app called My Baby Now.



Access the app anytime!

Visit this link, or scan the QR code with your camera for app access

<https://is.gd/parentMBN>

INFANT sessions and the companion app 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
- Experiences, strategies and tips from other parents

Contact City of Darebin to get involved

Address: Various locations across Darebin

Email: mchappointments@darebin.vic.gov.au

Phone: (03) 8470 8298



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