

INFANT Parenting Sessions

2024



the place
to live



The INFANT (INfant, Feeding, Active play and NuTrition) 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 the 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. Session 1 at 3 months, Session 2 at 6 months, Session 3 at 9 months and session 4 at 12 months) and provides information on key program topics including nutrition/feeding, active play, and parental self-care and wellbeing.

All sessions are interactive and accommodate both parents/caregivers and their babies. 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

3 Months group session
Tuesday 5 March 2024, 10-11.30am
Reservoir East Family Centre (15 Gisborne Crescent, Reservoir)

Scan the QR code below for the upcoming 6, 9 and 12 months old age group sessions.

Bookings are essential. Register your interest by completing the Early Parenting Programs Booking Form at www.darebin.vic.gov.au/support-for-parents or by scanning the QR code provided below.

For further information please contact us at email@darebin.vic.gov.au or 8470 8888. Further text here if required.

CITY OF DAREBIN

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Speak Your Language
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