

# How Your Baby Moves in the First Year

13 March 2025

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to live



Darebin City Council and Your Community Health (a Paediatric Physiotherapist) will present a free parenting program on baby movement and gross motor development in their first year. Babies grow, learn and develop at different ages through play.

This program will focus on a deeper understanding of how babies develop through physical movement and play. Activities promoting healthy child development such as tummy time, rolling, sitting, crawling, pulling up into standing position and walking will be demonstrated. Families will have the opportunity to ask questions in an interactive discussion.

## Date, Time and Location

Thursday 13 March 2025, 10am - 11.30am at Narrandjeri Stadium (281 Darebin Rd

Thornbury. Multi-Purpose Room upstairs, lift is available).

Bookings essential. To register, go to [darebin.vic.gov.au/support-for-parents](https://darebin.vic.gov.au/support-for-parents) or scan the QR code provided below.

*The Early Parenting Program service aims to be an accessible, equitable, inclusive, safe and respectful service that actively welcomes and supports the inclusion of all children and their families. We value and celebrate the diversity of families who use our service.*



### CITY OF DAREBIN

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**National Relay Service**  
[relayservice.gov.au](https://relayservice.gov.au)

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



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