

# INFANT Parenting Sessions

## 19 November 2024 - 12 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

12 Months group session  
**Tuesday 19 November 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.

*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

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 [relayservice.gov.au](http://relayservice.gov.au)

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

### Speak Your Language T 8470 8470

العربية	नेपाली	हिंदी	Español
繁體中文	Italiano	ਪੰਜਾਬੀ	اردو
Ελληνικά	Македонски	Soomalii	Tiếng Việt

