



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

Join the INFANT Program!



### Group sessions



Group sessions led by an INFANT facilitator and 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

## OCTOBER SESSIONS

INFANT SESSION	VENUE	DATE	TIME
9 Months	Grosvenor Street MCH Centre 53 Grosvenor St, South Yarra	5 October 2022	1:00pm – 3:00pm
12+ Months	ONLINE	19 October 2022	1:00pm – 3:00pm
3-6 Months	Central Park MCH Centre 116 Burke Rd, Malvern East	26 October 2022	1:00pm – 3:00pm

## NOVEMBER SESSIONS

INFANT SESSION	VENUE	DATE	TIME
9 Months	Central Park MCH Centre 116 Burke Rd, Malvern East	9 November 2022	1:00pm – 3:00pm
12+ Months	ONLINE	16 November 2022	1:00pm – 3:00pm
3-6 Months	Grosvenor Street MCH Centre 53 Grosvenor St, South Yarra	23 November 2022	1:00pm – 3:00pm

## DECEMBER SESSIONS

INFANT SESSION	VENUE	DATE	TIME
9 Months	Grosvenor Street MCH Centre 53 Grosvenor St, South Yarra	7 December 2022	1:00pm – 3:00pm
12+ Months	ONLINE	14 December 2022	1:00pm – 3:00pm