



## Want the latest information on feeding and play for your baby? Join the INFANT Program!



### Group sessions for babies aged 6-9months and 9-12+ months



Face-to face group sessions led by  
an INFANT program trained  
Maternal Child Health Nurse &/or  
CGH Dietitian.



### 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

**WHEN? 6-9 months - May 14<sup>th</sup>, Aug 6<sup>th</sup>, Oct 29<sup>th</sup> from 11 -12noon.**

**9-12+ months - June 25<sup>th</sup>, Sept 17<sup>th</sup> and Dec 10<sup>th</sup> from 11-12noon.**

**We are considering another session for 12-18month old children in the future.**



**Contact your Maternal Child Health Nurse for bookings**

**Address: Community Services Building, Ground floor,  
Opposite 47B Palmerston St., Sale**

**Email: [mch.wellington@cghs.com.au](mailto:mch.wellington@cghs.com.au)**

**Phone: (03) 51498 609**



**CENTRAL  
GIPPSLAND  
HEALTH**

INFANT was developed and is led by the Institute for Physical Activity and Nutrition (IPAN), Deakin University. Making INFANT available across Victoria has been enabled by funding from the Australian National Health and Medical Research Council (GNT1161223) and the Victorian Department of Health implementation funding.

\*Please ensure that you **register beforehand**, by contacting your Maternal Child Health Nurse, so we can have enough chairs and information available for everyone.

\*Please **bring with you all your baby's needs** – Nappy change items and any food items. We will ask you to take any used nappies home with you.

\*If you wish, please bring a **water bottle and snack for yourself**.

\*Please **do not bring children who are walking** – the room is not designed for child care and has multiple exits, which we cannot block as they are fire exits.

\*A **second carer**, such as partner or grandparent, is welcome to attend also.