



**CENTRAL
GIPPSLAND
HEALTH**

MATERNAL AND CHILD HEALTH



NEW PARENTS' Group INVITATION

You and your baby are invited to our First Time New Parents Group starting on:

Date: Wednesdays, Every 6 weeks
Time: 10.30am - 12.30pm weekly for 6 weeks
Venue: Conference Room, ground floor of Community Services building,
Cnr Palmerston and Cunningham Streets, Sale

Group Sessions will cover a range of topics such as:

- Local family services
- Being a parent – Changes and Challenges
- Resuscitation and First Aid
- Keeping Baby Safe
- Sleep & Settling
- Looking after Yourself – Exploring Women's Health
- Importance of Play
- Introducing solid food

The groups are intended to provide the opportunity for new parents in our area to meet each other. BYO drinks and snacks.

More information is available from your Maternal & Child Health Nurse or email mch.wellington@cghs.com.au

We look forward to your company.

Maternal and Child Health Nurse Team

