

## Infant Program

Getting healthy eating and active play right from the start!



Suitable for mums-dads, relatives and other carers' of your child.

Offers a safe and supportive place for families to share their questions around their children's eating and play behaviour.

Provide nutrition and play knowledge in an easy to understand program that follows your child's key ages & stages (3, 6, 9, 12, 15 and 18 months).

To register contact Bethany on 5278 8122 or your Maternal & Child Health Nurse.

**This FREE six session program delivered at key stages of your baby's development will help you:**

- > develop skills to introduce solids to your baby's diet
- > be actively involved in playing with your child
- > meet other families in your area with children of a similar age
- > learn ways to manage some of the challenges that come with parenting infants

*\*The Infant Program has been developed by Deakin University*



Healthy Together Geelong, funded by the Victorian Government, is improving the health of our community.