

Maternal and Child Health New Parent Group



Melton City Council welcomes you and your family to be a part of the New Parent Group Program. This free facilitated 7 week program covers topics including:

- Sleep and Settling
- Play and Development
- Baby Safety and Illness
- Introduction to Solids

During Week 4 you will be invited to attend 'Family Night' which provides families with the opportunity to meet other new parents.

During Weeks 5, 6 and 7, you and your partner will be invited to participate in an additional free program - Baby Makes 3. Baby Makes 3 covers topics including:

- Sustaining healthy relationships
- Dealing with conflict
- Maintaining healthy communication
- Transition to parenthood

To RSVP please contact 9747 7287 or alternatively contact your Maternal and Child Health Nurse

TIMETABLE

Week	Program
Week 1	Daytime: New Parent Group
Week 2	Daytime: New Parent Group
Week 3	Daytime: New Parent Group
Week 4	Daytime: New Parent Group Evening: Family Night
Week 5	Daytime: New Parent Group Evening: Baby Makes 3
Week 6	Daytime: New Parent Group Evening: Baby Makes 3
Week 7	Daytime: Combined New Parent Group's (Local Library Session) Evening: Baby Makes 3

BOOKINGS ARE ESSENTIAL



 melton.vic.gov.au
 9747 7200
 cityofmelton

