EARLY PARENTING PROGRAMS

JANUARY - JUNE 2020
Free information sessions for parents and carers of young children living in Darebin.
FEBRUARY
SLEEP AND SETTLING
A practical information session for parents of babies aged 0-12 months.
Friday 14 February
6-12 months 9.30am - 11.00am
0-5 months 2.00pm - 3.30pm
Northcote Family Centre
185-187 High Street, Northcote

BABIES AND FOOD IN THE FIRST YEAR
This session focuses on healthy eating and introducing solids to babies 0-12 months.
Friday 21 February
10.30am - 12.00pm
Northcote Family Centre
185-187 High Street, Northcote

MARCH
SLEEP AND SETTLING
A practical information session for parents of babies aged 0-12 months.
Friday 6 March
6-12 months 9.30am - 11.00am
0-5 months 2.00pm - 3.30pm
East Preston Community Centre
7 Newton Street, Reservoir

PLAY AND CREATIVITY
A fun and interactive workshop with lots of tips and ideas for creative play for children aged up to 5 years.
Tuesday 10 March
10.00am - 11.00am
Keon Park Children's Hub
1-7 Dole Avenue, Reservoir

BABIES AND FOOD IN THE FIRST YEAR
This session focuses on healthy eating and introducing solids to babies 0-12 months.
Tuesday 10 March
10.30am - 12.00pm
East Preston Community Centre
7 Newton Street, Reservoir

POSTNATAL CARE FOR MUMS
Information session on self care for mums including back care and reintroducing exercise that you can do with your baby.
Thursday 12 March
10.30am - 12.00pm
Preston Library
266 Gower Street, Preston

BABY MASSAGE
A hands on baby massage session for fathers, mothers and carers of infants aged 6 weeks to 4 months.
Saturday 21 March
10.30am - 12.00pm
Northcote Library
32-38 Separation Street, Northcote

MARCH
AUTISM INFORMATION SESSION
Autism Strategies for children aged 0-7 years.
This session will briefly discuss the characteristics of autism and how it impacts daily life. The speaker will also discuss some key strategies which parents can use with their children. As well as a range of practical tips, there will be some interactive activities where participants can share their experiences and ideas.
Tuesday 14 April
10.30am - 12.00pm
East Preston Community Centre
7 Newton Street, Reservoir

SLEEP AND SETTLING
A practical information session for parents of babies aged 0-12 months.
Friday 17 April
6-12 months 9.30am - 11.00am
0-5 months 2.00pm - 3.30pm
Darebin Intercultural Centre (Jade Room)
59A Roseberry Avenue, Preston

APRIL
NAVIGATING NDIS INFORMATION SESSION
Navigating Access to the National Disability Insurance Scheme (NDIS) for families with special needs children aged 0-7 years.
This session will guide parents and carers of children with developmental delays, special needs or diagnosed disabilities on accessing Early Childhood Early Intervention (ECEI) supports as part of the NDIS.
Tuesday 24 March
10.30am - 12.00pm
Preston Shire Hall
286 Gower Street, Preston
APRIL

BABIES AND FOOD IN THE FIRST YEAR
This session focuses on healthy eating and introducing solids to babies 0-12 months.

Tuesday 21 April
10.30am - 12.00pm
Keon Park Children’s Hub
1-7 Dole Avenue, Reservoir

LIVING WITH AUTISM (6x2 hour program)
In this workshop you will have the opportunity to ask questions about autism spectrum and how this impacts on your child. Parents will be assisted to consider different approaches/strategies to help with parenting.

Wednesday 22 April - 27 May
(Six 2 hour weekly program)
10.00am - 12.00pm
Keon Park Children’s Hub (Meeting Room)
1-7 Dole Avenue, Reservoir
Bookings: parentzone.preston@anglicarevic.org.au or call 8641 8900

MAY

PRE-BIRTH AND TRANSITIONING TO PARENTHOOD
Build strong foundations for your family life during this Birth-Ready, preparation for parenthood session. Explore key areas to increase your confidence, skills and knowledge for your family to thrive. This session is interactive, educational and will fill your parental toolkit with helpful resources.

Tuesday 5 May
6.30pm-8.30pm
Reservoir Community and Learning Centre
23 Edwards Street, Reservoir

SLEEP AND SETTLING
A practical information session for parents of babies aged 0-12 months.

Tuesday 12 May
6-12 months 9.30am - 11.00am
0-5 months 2.00pm - 3.30pm
Keon Park Children’s Hub
1-7 Dole Avenue, Reservoir

BABY MASSAGE
A hands on baby massage session for fathers, mothers and carers of infants aged 6 weeks to 4 months.

Tuesday 19 May
10.30am - 12.00pm
Keon Park Children’s Hub
1-7 Dole Avenue, Reservoir

POSTNATAL CARE FOR MUMS
Information session on self care for mums including back care and reintroducing exercise that you can do with your baby.

Thursday 21 May
10.30am - 12.00pm
Keon Park Children’s Hub
1-7 Dole Avenue, Reservoir

EMOTIONAL REGULATION
This session will focus on healthy social and emotional development in young children. Parents and carers will gain an understanding of how sensory and motor strategies can assist in building physical and emotional self-regulation in children.

Wednesday 27 May
6.30pm - 8.00pm
Darebin Intercultural Centre (Jade Room)
59A Roseberry Avenue, Preston

CHILDREN WITH DISABILITIES
Information session for parents and carers of children with a disability up to the age of 18. Topics include; developing social connections (parent-peer-support) and communicating with educational and other agencies.

Friday 29 May
10.30am - 12.00pm
East Preston Community Centre
7 Newton Street, Reservoir
JUNE

SLEEP AND SETTLING 12 MONTHS TO PRESCHOOL AGE
A practical information session for parents of children aged 12 months to preschool age.
Thursday 4 June
9.30am - 11.00am
Darebin Intercultural Centre (Jade Room)
59A Roseberry Avenue, Preston
Bookings: parentzone.preston@anglicarevic.org.au

BOOKINGS:
(Bookings will open 5 to 6 weeks before the session date)

JUNE

SLEEP AND SETTLING
A practical information session for parents of babies aged 0-12 months.
Monday 15 June
6-12 months 9.30am - 11.00am
0-5 months 2.00pm - 3.30pm
Preston Library
266 Gower Street, Preston
BOOKINGS:
(Bookings will open 5 to 6 weeks before the session date)

What's on for Families eNEWSLETTER
What’s on for Families is a monthly eNewsletter highlighting the key events and activities in Darebin for families with young children.
To subscribe go to www.darebin.vic.gov.au
- Choose “Your Say” from the top line
- Under “Newsletters” choose “Subscribe”
- Scroll down to “What’s on for Families”
- Click read more
- Click Subscribe now

SUGGESTIONS AND FEEDBACK
Email whatsonfamilies@darebin.vic.gov.au
or call 8641 9800

BABIES AND FOOD IN THE FIRST YEAR
This session focuses on healthy eating and introducing solids to babies 0-12 months.
Tuesday 9 June
10.30am - 12.00pm
Keon Park Children’s Hub
1-7 Dole Avenue, Reservoir

GENDER EQUITY
A session for parents about valuing every child, and nurturing children beyond limiting gender stereotypes. Topics include: gender equitable parenting, supporting children to develop respectful and equitable relationships.
Friday 12 June
10.00am - 11.30am
Northcote Family Centre
185-187 High Street, Northcote

RELEVANT LINKS
Playgroups: early.years@darebin.vic.gov.au
Maternal and Child Health: mchappointments@darebin.vic.gov.au
Toy Library: www.darebin.vic.gov.au/toylibrary
Kindergarten & Child Care: www.darebin.vic.gov.au/kindergarten

PARTNERS
Your Community Health
www.yourcommunityhealth.org.au
ParentZone Northern, Anglicare Victoria
www.anglicarevic.org.au
Brotherhood of St Laurence
www.bsl.org.au
Melbourne City Mission
www.mcm.org.au

IMMUNISATION PROGRAM TIMETABLE
JANUARY – JUNE 2020

IMPORTANT: After receiving any immunisation, children and adults need to remain at the venue for 15 minutes for observation in the event of any reaction.

OPEN CLINICS: No appointment necessary. Please attend the venue from the start time to at least 10 minutes prior to the finish time.

VENUE | DAY | TIME | JAN | FEB | MAR | APR | MAY | JUN
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NORTHCOTE | Tuesday 3rd Tues of month | 2.00pm - 3.00pm | 21 | 18 | 17 | 21 | 19 | 16
| Wednesday 4th Wed of month | 10.00am - 11.00am | 22 | 26 | 25 | 22 | 27 | -
PRESTON | Tuesday 3rd Tues of month | 5.30pm - 6.30pm | 21 | 18 | 17 | 21 | 19 | 16
| Wednesday 1st Wed of month | 2.00pm - 3.00pm | - | 5 | 4 | 1 | 6 | 3
| Wednesday 4th Wed of month | 1.30pm - 2.30pm | 22 | 26 | 25 | 22 | 27 | -
| Thursday 2nd Thu of month | 5.30pm - 7.00pm | 9 | 13 | 12 | 9 | 14 | 11
| Saturday 2nd & 4th Sat of month | 9.30am - 11.00am | 11, 25 | 8, 22 | 14, 28 | 18, - | 2, 9, 23 | 13, 27
KEON PARK | Tuesday 1st Tues of month | 10.00am - 11.00am | 7 | 4 | 3 | 7 | 5 | 2
THORNBURY | Wednesday 3rd Wed of month | 10.00am - 11.00am | 15 | 19 | 18 | 15 | 20 | 17
RESERVOIR | Friday 1st Fri of month | 9.30am - 10.30am | - | 7 | 6 | 3 | 1 | 5
RESERVOIR | Thursday 4th Thu of month | 5.30pm - 7.00pm | 23 | 27 | 26 | 23 | 28 | -
| Friday 3rd Fri of month | 10.30am - 11.30am | 17 | 21 | 20 | 17 | 15 | 19
APPOINTMENT CLINICS: Please call 8470 8562 to make an appointment.

VENUE | DAY | TIME | JAN | FEB | MAR | APR | MAY | JUN
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FAIRFIELD | Monday - morning | 2nd Mon of month | Please call 8470 8562 to book an appointment | 13 | 10 | - | 11 | 15
| Monday - morning | 4th Mon of month | - | 24 | 23 | 27 | 25 | 29
| Wednesday - evening | 1st Wed of month | - | 5 | 4 | 1 | 6 | 3
BUNDOORA | Wednesday 2nd Wed of month | Please call 8470 8562 to book an appointment | 8 | 12 | 11 | 8 | 13 | 10