



## SLEEP AND SETTLING 2022

Sessions are held each  
week at various venues.

**FREE** for the Darebin  
Community!

Our inclusive and  
family centred program  
welcomes parents and  
caregivers of newborn  
babies to toddlers (1-3  
years) to attend any  
of the sessions held

## UNDERSTANDING HOW TO HELP YOUR BABY SLEEP

Darebin Maternal and Child Health is running free sleep and settling sessions for parents and carers of newborn babies to toddlers (1-3 years).

These sessions will include :

- Information on understanding baby's normal age appropriate sleep
- The functions of sleep
- Understanding the signs of sleep
- Helping you establish appropriate sleep patterns for your baby.

## FOR BOOKINGS

You can speak to your Maternal and Child Health Nurse, email [mchappointments@darebin.vic.gov.au](mailto:mchappointments@darebin.vic.gov.au) or call us on **8470 8298**.

## LOCATIONS

Northcote Family Centre 185 - 187 High St, Northcote  
Keon Park Children's Hub 1 - 7 Dole Avenue, Reservoir  
Thornbury Early Years Centre 2A Raleigh St, Thornbury

### CITY OF DAREBIN

274 Gower Street, Preston  
PO Box 91, Preston, Vic 3072  
T 8470 8888 F 8470 8877  
E [mailbox@darebin.vic.gov.au](mailto:mailbox@darebin.vic.gov.au)  
[darebin.vic.gov.au](http://darebin.vic.gov.au)



**National Relay Service**  
[relayservice.gov.au](http://relayservice.gov.au)

If you are deaf, or have a hearing  
or speech impairment, contact us  
through the National Relay Service.



**Speak Your Language**  
T 8470 8470

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