

# CONFIDENT PARENTS, HAPPY BABIES

An interactive group session for parents and carers with **babies 0 to 6 months and 6 to 12 months**

## THE INTERACTIVE GROUP SESSION

will cover...

- Feed / Play / Sleep rhythm
- Understanding and responding to tired signs
- Sleep environment
- Responsive settling techniques
- Self care for parents

### For bookings please contact

📞 9932 1300 or  
✉ [mchinbox@hobsonsbay.vic.gov.au](mailto:mchinbox@hobsonsbay.vic.gov.au)

Facilitated by Jodie Gregson, the Maternal and Child Health Family Support Officer

**Where:** Online Sessions  
on Microsoft Teams

**Time:** 10.00am to 11.30am

**When:** 0 to 6 months  
Friday 5 March 2021  
Thursday 18 March 2021

6 to 12 months  
Friday 26 February 2021  
Friday 26 March 2021