



# The INFANT Program

Feeding your baby, healthy eating and active play.  
Supporting families from the start of life – babies from birth to 12 months.



## Group sessions

Four face-to face group sessions led by a health professional when your baby is around three, six, nine and 12 months old.



## Phone app

Group sessions are supported by a phone app called My Baby Now.



## Access the app anytime!

Visit: <https://is.gd/parentMBN>  
Or scan this QR code with your camera and follow the link.

## INFANT sessions and the companion app will help you learn about:

- Understanding and responding to your baby's cues/signs
- When and how to introduce solid foods and a sippy cup
- Active play you can do together
- Strategies for limiting screens
- Experiences, strategies and tips from other parents

All sessions will be face-to-face at the Ray Sweeney Benalla Community Care Centre. Before you enter the building you will be asked questions regarding COVID-19 at the front desk. You will need to wear a mask while in the building. You can bring your own food, drinks and play mat/toys for your baby but we would discourage you from sharing food with others.

**All parents and carers are welcome.**

**May dates (all sessions 10.30am to noon):**

Three month session: Wednesday 5 May

Nine month session: Wednesday 19 May

Six month session:

12 month session:

Wednesday 12 May

Wednesday 26 May

*Sessions will also be held in August and November*

**To RSVP, go to <https://tinyurl.com/yxt28mor>  
For more information, phone (03) 5761 4500 or  
visit us at 45 Coster Street, Benalla.**

*Benalla*  
HEALTH