



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

November dates (all sessions 10.30am to noon):

Three month session: Wednesday 5 November

Six month session: Wednesday 11 November

Nine month session: Wednesday 18 November from 10.30am to noon

12 month session: Wednesday 25 November from 10.30am to noon

Sessions in 2021 will be held in February, May, 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