

Parent Education Calendar

January–June 2023



January				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

February				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

April				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

May				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

June				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Bookings are essential for these FREE sessions, phone: 9784 1756

*Sessions may be subject to change

Infant massage: 0–6 months

Learn the benefits of infant massage, from strengthening the bond with your baby to gentle techniques and stroke to safely massage your baby.

Food for babies: 4–12 months

As babies develop, their food options need to change to ensure optimal growth and development. Get up-to-date information on the introduction of nutritional foods for your baby as they grow, from first foods to family mealtimes.

Toddler behaviour: 18 months–3 years

This session explores the importance of age appropriate play and its role in the development of toddlers. Positive parenting strategies are explored to manage difficult toddler behaviours. It will also cover tips and strategies for your child's toilet training journey.

Sleep and settling newborns: 0–4 months

Learn about typical sleep patterns, behaviours and requirements for a newborn. Also learn some age appropriate strategies to address sleep and settling concerns.

Sleep and settling babies: 5–12 months

Learn about typical sleep patterns, behaviours and requirements for a baby. Also learn some age appropriate strategies to address sleep and settling concerns.

Sleep and settling toddlers: 18–24 months

Learn about typical sleep patterns, behaviours and requirements for a toddler. Also learn some age appropriate strategies to address sleep and settling concerns.

Young Parent Group: Parents up to 25 years

A group focusing on parents up to 25 years, meeting regularly to connect with other families. Contact playgroups@frankston.vic.gov.au for details.

For more information

Visit: frankston.vic.gov.au/ParentEducationPrograms

Phone: 9784 1756

