

# Parent Education Calendar

July–December 2022



July				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

August				
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		

September				
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

October				
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
31				

November				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

December				
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](mailto:playgroups@frankston.vic.gov.au) for details.

## **For more information**

Visit: [frankston.vic.gov.au/ParentEducationPrograms](http://frankston.vic.gov.au/ParentEducationPrograms)

Phone: 9784 1756

