

Session details

Maternal and Child Health, Parent Education Program, January–June 2019

Baby cues 0–3 months

Babies give a lot of different hints and cues to tell parents what they need. Learn how to read these signs so you can improve communication with your child.

Boost up blues

Being a parent is very rewarding, but it can also be hard work. This support group for mums explores the impact of post natal depression and anxiety in a safe and friendly environment. Bookings essential.

Foods for baby

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.

Infant massage 0–6 months

Baby massage is soothing for the baby and strengthens the bond between parent and baby. Learn the benefits of infant massage and practical tips on how to safely massage your baby.

Positive play and behaviour

Preschool behaviour can be challenging. Learn practical strategies for encouraging positive and cooperative behaviour in children.

Sleep and settling

Settling babies into sleep patterns is important for their development and for family routine. Learn flexible age appropriate techniques to assist normal sleep development.

Toilet training

Learning how to use the toilet can be tricky for children and their parents. From this session, you'll learn skills to utilise in your child's toilet training journey.

Early Parenting — Books and Babes

Come along for this fun session and find out the benefits and tips of reading to your baby.

Talking Books with toddlers

Toddlerhood is a time of challenges. But it is also a time of great curiosity and the perfect time to spark a love of reading in your little one.

Bookings

Bookings are essential for these free sessions. If you are unable to attend, please phone and cancel so we may invite those on the waiting list to attend.

Frankston City Council reserves the right to cancel or change these programs or venues.

Please reply to the confirmation text you receive which may detail any changes to venue location.

These sessions are run by experienced Parent Educators in a relaxed and informative way. To meet the needs of families a choice of dates and times are offered.

Children over the age of six months are not able to attend these sessions.

Booking required for all sessions, refer to frankston.vic.gov.au for times and booking details.

For any program enquiries and bookings please contact Frankston City Council on 9784 1756.



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Frankston City Council

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Parent Education Program



January–June 2019



Maternal and Child Health
Free to all families

January		
Session	Venue	Date
Sleep and settling: 0–3 months	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Wednesday 16 January 1.30–3.30pm
Early Parenting — Books and Babes	Long Room Frankston Library 60 Playne Street, Frankston	Friday 18 January 1–1.45pm
Positive play and behaviour	Seaford Maternal and Child Health Centre 41 Railway Parade, Seaford	Wednesday 23 January 1.30–3.30pm
Baby cues: 0–3 months	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Thursday 24 January 1.30–3.30pm
Food for babies	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Wednesday 30 January 1.30–3.30pm
February		
Session	Venue	Date
Infant massage: 0–6 months	Mahogany Rise Maternal and Child Health Centre 25 Jenkins Street, Frankston North	Wednesday 6 February 1.30–3.30pm
Boost up blues 8 week program	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Thursday 7 February 1–3pm
Talking books with toddlers	Long Room Frankston Library 60 Playne Street, Frankston	Friday 8 February 1–1.45pm
Sleep and settling: 4–12 months	Montague Park Maternal and Child Health Centre Bentley Place, Frankston	Wednesday 13 February 1.30–3.30pm
Sleep and settling: 0–3 months	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Wednesday 20 February 1.30–3.30pm
Toilet training:	Botany Park Maternal and Child Health Centre, 53 Lyrebird Drive, Carrum Downs	Wednesday 27 February 1.30–3.30pm
Baby cues: 0–3 months	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Thursday 28 February 1.30–3.30pm

March		
Session	Venue	Date
Food for babies	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Wednesday 6 March 1.30–3.30pm
Positive play and behaviour	Montague Park Maternal and Child Health Centre Bentley Place, Frankston	Wednesday 13 March 1.30–3.30pm
Early Parenting — Books and Babes	Long Room Frankston Library 60 Playne Street, Frankston	Friday 15 March 1–1.45pm
Infant massage: 0–6 months	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Wednesday 20 March 1.30–3.30pm
Sleep and settling: 4–12 months	Botany Park Maternal and Child Health Centre, 53 Lyrebird Drive, Carrum Downs	Wednesday 27 March 1.30–3.30pm
Baby cues: 0–3 months	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Thursday 28 March 1.30–3.30pm
April		
Session	Venue	Date
Sleep and settling: 0–3 months	Banyan Fields Child and Family Centre 90A Cadles Road, Carrum Downs	Wednesday 3 April 1.30–3.30pm
Food for babies	Seaford Maternal and Child Health Centre 41 Railway Parade, Seaford	Wednesday 10 April 1.30–3.30pm
Talking books with toddlers	Long Room Frankston Library 60 Playne Street, Frankston	Friday 12 April 1–1.45pm
Positive play and behaviour	Botany Park Maternal and Child Health Centre, 53 Lyrebird Drive, Carrum Downs	Wednesday 17 April 1.30–3.30pm
Baby cues: 0–3 months	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Thursday 18 April 1.30–3.30pm
Infant massage: 0–6 months	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Wednesday 24 April 1.30–3.30pm

May		
Session	Venue	Date
Sleep and settling: 4–12 months	Mahogany Rise Maternal and Child Health Centre 25 Jenkins Street, Frankston North	Wednesday 1 May 1.30–3.30pm
Boost up blues 8 week program	Banyan Fields Child and Family Centre, 90A Cadles Road, Carrum Downs	Thursday 2 May 1.30–3.30pm
Sleep and settling: 0–3 months	Seaford Maternal and Child Health Centre 41 Railway Parade, Seaford	Wednesday 8 May 1.30–3.30pm
Toilet training	Montague Park Maternal and Child Health Centre Bentley Place, Frankston	Wednesday 15 May 1.30–3.30pm
Early Parenting — Books and Babes	Long Room Frankston Library 60 Playne Street, Frankston	Friday 17 May 1–1.45pm
Food for babies	Botany Park Maternal and Child Health Centre, 53 Lyrebird Drive, Carrum Downs	Wednesday 22 May 1.30–3.30pm
Baby cues: 0–3 months	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Thursday 23 May 1.30–3.30pm
Infant massage: 0–6 months	Banyan Fields Child and Family Centre, 90A Cadles Road, Carrum Downs	Wednesday 29 May 1.30–3.30pm
June		
Session	Venue	Date
Sleep and settling: 4–12 months	Seaford Maternal and Child Health Centre 41 Railway Parade, Seaford	Wednesday 5 June 1.30–3.30pm
Sleep and settling: 0–3 months	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Wednesday 12 June 1.30–3.30pm
Talking books with toddlers	Long Room Frankston Library 60 Playne Street, Frankston	Friday 14 June 1–1.45pm
Positive play and behaviour	Banyan Fields Child and Family Centre, 90A Cadles Road, Carrum Downs	Wednesday 19 June 1.30–3.30pm
Food for babies	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Thursday 26 June 1.30–3.30pm
Baby cues: 0–3 months	Lakewood Child and Family Centre, 107–109 Raphael Crescent, Frankston	Thursday 27 June 1.30–3.30pm