

INFANT

FREE GROUP SESSIONS FOR PARENTS - NUTRITION AND PLAY

The INFANT program (INfant Feeding, Active play and NuTrition) is designed to help parents and families with healthy eating and active play from the start of their baby's life.

INFANT consists of four group sessions for parents/caregivers led by a nurse or health professional. Each session is based around babies needs around the ages of 3, 6 and 9 months.



INFANT promotes healthy eating, increased active play and reduced screen time for babies from birth until 2 years of age.

Parents have come away from sessions feeling more confident knowing what baby needs at each stage, and they've made new friends with other parents and babies.

Sessions are held across Cobram, Numurkah and Yarrowonga.

To find out more or book in scan the QR code or contact mch@moira.vic.gov.au



INFANT

The INFANT program is held across Cobram, Numurkah and Yarrowonga.

Cobram: 16 Hay Avenue

Numurkah: 38B McCaskill Street

Yarrowonga: 87-97 Orr Street

"The sessions are very enjoyable! Thank you for the knowledge and time which has helped me a lot."

"The sessions are a relaxed, non-judgemental environment and the small group felt really personal."



To find out more or book in scan the QR code or contact mch@moira.vic.gov.au



NCN Health
Nathalia
Cobram
Numurkah

