



# PARENTING INFORMATION SESSIONS 2019

FamilyCare and Mitchell Shire Council's Maternal and Child Health Services are hosting parenting information sessions for parents living in Mitchell Shire.

Sessions will aim to help you in your parenting journey, by providing practical information and tools for a range of parenting matters.



**FREE** for parents,  
grandparents  
and carers

## TO BOOK YOUR SPOT:

Please call Cassie at Mitchell Shire Council  
Ph: 5734 6253

*Sessions will be run dependent on numbers.*

**These sessions could be subject to change so please call or check the website to confirm details closer to the date at <https://familycare.net.au/parenting-information-sessions-2019/>**  
(news & events page)



[www.familycare.net.au](http://www.familycare.net.au)



[www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)

Child FIRST (Family Information Referral and Support Team)  
Please call 1800 663 107

## YOUR INFANT AND SLEEP: SLEEP AND SETTLING

**11 SEPTEMBER**

**10:00 – 11:00AM**

Greater Beveridge  
Community Centre  
Cnr Lithgow St and Mandalay  
Circuit, Beveridge

**Join us for a discussion on:**

- **Reasonable expectations for toddler sleep**
- **Common sleep challenges**
- **Tips for day time and bedtime routines**
- **Nap transitions**
- **Focus on children birth-4 years**

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