

Murrindindi Shire Council

2017 Parent Education Sessions

Date	Time	Description
Wednesday 22 February	10.00am - 12.00pm	Kinglake Toddler talk
	1.00pm - 3.00pm	Kinglake Sleep talk
Wednesday 15 March	10.00am - 12.00pm	Alexandra Toddler talk
	1.00pm - 3.00pm	Alexandra Sleep talk
Wednesday 14 June	10.00am - 12.00pm	Kinglake Toddler talk
	1.00pm - 3.00pm	Kinglake Sleep talk
Wednesday 12 July	10.00am - 12.00pm	Alexandra Toddler talk
	1.00pm - 3.00pm	Alexandra Sleep talk
Wednesday 18 October	10.00am - 12.00pm	Kinglake Toddler talk
	1.00pm - 3.00pm	Kinglake Sleep talk
Wednesday 8 November	10.00am - 12.00pm	Alexandra Toddler talk
	1.00pm - 3.00pm	Alexandra Sleep talk

St John's Kids First Course

Alexandra - Wednesday 11 October

Kinglake – Wednesday 15 November



Parent Education Sessions

Venue: The Maternal and Child Health Centre

Cost: Free

Contact: Your Maternal Health Nurse

Managing Sleep problems in Babies

This interactive session is for parents of babies aged 6-12 months. Topics covered include identifying the cause of sleep issues, eliminating habits that reinforce sleep problems and troubleshooting some of the common problems associated with sleep problems.

Enjoying Your Terrific Toddler

This interactive session is for parents of children aged between 18 months and 3 years. Topics covered include toilet training, fussy eating and managing difficult behaviours, such as tantrums, sibling rivalry, and aggressive behaviour.

St John's "Kids First" Course

In this course St John's Ambulance will provide information and guidance to parents and cares to help prevent injury to children. They will give the knowledge and skills required for basic first aid and emergency care to children.

There is a fee for this course.

