

# Get the latest information on feeding and play for your baby



## Group sessions

Single face-to face group sessions led by a health professional when your baby is between 6-9 and 9-12 months old.



## Phone app

Group sessions are supported by a phone app called My Baby Now.

You will receive a SMS invitation to the session.



## Access the app anytime!

Visit this link, or scan the QR code with your camera for app access <https://is.gd/parentMBN>

## INFANT sessions and the companion app will help you learn about:

- ✓ Understanding and responding to your baby's cues/signs
- ✓ When and how to introduce solid foods and a sippy cup
- ✓ Active play you can do together
- ✓ Strategies for limiting screens
- ✓ Experiences, strategies and tips from other parents



For inquiries, email [sleepandsettling@cgd.vic.gov.au](mailto:sleepandsettling@cgd.vic.gov.au)



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