



Phone: 8571 1880 or email SleepandSettling@cgd.vic.gov.au or
speak with your MCHN

FREE Sleep and Settling outreach support

Our trained Sleep Settling practitioner will come to your home and guide you through gentle, evidence-based sleep and settling strategies to help you understand your child's sleep needs and cues.

- Creating age-appropriate routines
- Settling and resettling techniques
- Support for feeding and bedtime transitions
- Emotional support for parents and caregivers

Outreach appointments are available weekdays during business hours.



