



Phone: 8571 1880 or email [SleepandSettling@cqd.vic.gov.au](mailto:SleepandSettling@cqd.vic.gov.au) or  
speak with your MCHN

## FREE 0-3M “Getting to Know You” online session

Our trained Sleep and Settling Practitioner/Lactation consultant will deliver information online via Teams to help you to understanding your newborn. Sessions will cover:

- Feeding fundamentals
- Cues and crying
- Building attachment
- Play and tummy time
- Sleep and settling
- Realistic expectation
- Selfcare
- Where to get support



