



Free Know your Newborn 0-3M online sessions

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 expectations
- Selfcare
- Where to get support

For further information and support:

- Scan the QR code
- Phone 8571 1880 or email SleepandSettling@cgd.vic.gov.au
- Speak with your MCHN

