



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.

For further information and support:

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

