

Key messages

1. Feeding is a Learning Curve
2. Snack on Fruit and Veg
3. Tap into Water
4. Colour Every Meal with Fruit & Veg
5. Off and Running
6. Eat Together, Play together
7. Parents Provide, Kids Decide

These key messages are explored throughout each session and their relevance to each age group is discussed accordingly.

Learn more about healthy lifestyles by subscribing to our website at:
<http://eatmovesmile.shdh.org.au>
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Infant Program

About the program

The Infant Program is free to attend for you and your child. It is designed to help you get healthy eating and active play with your baby right from the start. We know from research at Deakin University that getting the food and activity stuff right is very important to you as parents. It is not always easy to know the best way, whether this is your first child or whether you're an experienced parent.

The Infant Program is a 4 session lifestyle program delivered to parents of young infants over the first year of life. 7 key messages are the focus of each session and the program is provided in an information and support sharing format. Parents learn about key messages and from each other and have a health professional available to provide guidance.

The program is delivered by an Accredited Practising Dietitian.



Location & Booking

The program is held at Community Health,
125 Campbell St. Swan Hill,
from 10:30am until 12:00noon.

Group sessions are held as follows:

Session 1: when your baby is 3 months

Includes maternal health and wellbeing, breastfeeding support, baby's taste, & tummy time.

1st **Monday** of the month

Session 2: when your baby is 6 months

How you are going with introduction of foods, reducing allergy risk, sweet drinks activity, sitting up active play. A Physio joins us for this session

2nd **Monday** of the month



Session 3: when your baby is 9 months

Moving on to finger foods, minimizing fussy eating, tips for carers, crawling active play. A Speech Pathologist comes along to this session.



3rd **Monday** of the month

Session 4: when your baby is 12 months

Meal time rules and routines, planning ahead, snack ideas, easy meal preparation, walking active play.

4th **Monday** of the month

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Bookings are necessary, however you can register once for all sessions. Sessions are limited to 10 people.

Attendance via Zoom is an option—but we prefer if your camera is on.

The program is **FREE** to attend for you and your child.

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