

My Baby Now App

The My Baby Now app is full of practical advice, tips and tools to help you feed your baby - whether this is breast or formula feeding, mixed feeding or introducing solids. It also helps you understand your baby's development, providing lots of ideas for play! Developed by experts, its information you can trust.

Scan the QR code to download the My Baby Now app, or search My Baby now in your app store.



General Enquiries

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EMAIL hp@schs.com.au

VISIT schs.com.au/services/allied-health/groups/infant-program



This program is located at the Family and Child Hub

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POSTAL: 41 Pine Avenue, Mildura

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VISIT schs.com.au/services/family-child-hub

This program is funded by:



ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the First Peoples of the Millewa-Mallee, The Latji Latji, Ngintait and Nyeri Nyeri, as the Traditional Owners and Custodians of the Country on which we are. We pay our respects to the Elders past and present of First People of Millewa-Mallee and the ancient connection they hold with their Country.

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Due for review: <#next_review_date>

INFANT PROGRAM



SCHS
Sunraysia Community
Health Services



Our Service

Sunraysia Community Health Services together with Mildura Rural City Council (Maternal and Child Health) provide this program.

The INFANT Program has been developed by Deakin University and consists of four interactive classes, run at 3, 6, 9 and 12 months of baby's age. This allows the necessary information to be delivered at the most appropriate time.

This program runs within existing social groups and will help improve your skills and knowledge of infant feeding and active play. You will be able to use what you learn to carry on health behaviours through future stages of your child's development.

Service Information

Many parents describe the first two years of their baby's life to be a challenging time - with so many choices and mixed messages around what is best for baby.

The INFANT Program can give you the support and knowledge you need to feed and play with your baby with confidence.

A trained health professional will support you and provide information and advice.

Eligibility

All parents and carers of infants aged 3-12 months of age. You will be placed in a suitable group based on your baby's age.

Anyone who takes close care of your baby is welcome to attend the INFANT Program; this includes one or both parents, aunts and uncles, grandparents, and other caregivers.

Cost

The INFANT Program is completely FREE.



The INFANT Program runs in partnership with the new parents groups ran by Mildura Rural City Council. The first session of the INFANT program is delivered during the last session of the new parent group.

The Infant Program aims to give you the information, skills and support you need to give your baby a healthy start to life.