

# Early Days

For parents and carers of babies up to three months



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**Canberra Health  
Services**

## Feeding and settling a new baby can be challenging

The Maternal & Child Health nursing service invites you to a group information and advice session. Partners, support people and babies up to 3 months of age are welcome.

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>Florey Child Health Clinic</b> 57 Ratcliffe Cres, Florey (Next to Primary School)	<b>Lanyon Child Health Clinic</b> 23 Sidney Nolan St, Conder	<b>Tuggeranong Child and Family Centre</b> 159 Anketell St, Greenway	<b>West Belconnen Child and Family Centre</b> 9 Luke St, Holt
<b>Ngunnawal Child Health Clinic</b> 103 Wanganeen Ave, Ngunnawal			<b>Dickson Health Centre</b> 111 Dickson Place, Dickson

JUNE 2019

**No appointment necessary. Please arrive by 9.30am. Group finishes at 11.30am.**

Please do not bring children or toddlers to the session as they can interrupt group learning and communication.

**[health.act.gov.au/MACH](http://health.act.gov.au/MACH)**

Women, Youth & Children Community Health Programs

Central Health Intake **5124 9977**

# Sleep Groups

For parents and carers



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## Would you like to learn more about your child's sleep?

The Maternal & Child Health nursing service invites you to a sleep information session.

The three age specific sessions are:

- 3–8 months
- 9–18 months
- 19–36 months

Please do not bring children or toddlers to the session as they can interrupt group learning and communication.

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Women, Youth & Children Community Health Programs

Bookings essential, please call  
Central Health Intake **5124 9977**