

## Key messages of the Infant Program

1. Snack on Fruit and Veg
2. Tap into Water
3. Colour Every Meal with Fruit & Veg
4. Off and Running
5. Eat Together, Play together
6. 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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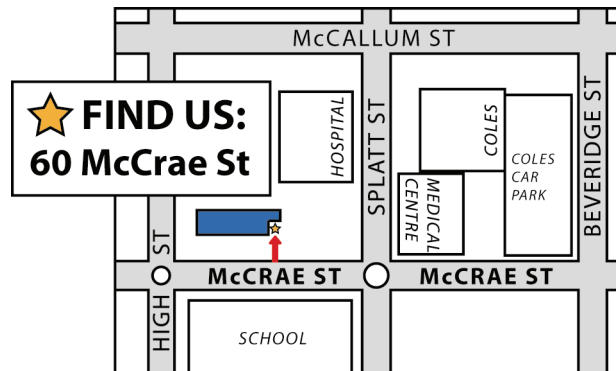


@eatmovesmile



### Parking

2 hour parking is available in front of the building at 60 McCrae Street.



## Program



### For more information contact:

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### VENUE:

8:30am – 5:00pm  
60 McCrae Street  
Swan Hill, 3585



Swan Hill  
District Health  
*my hospital*

## 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. 6 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.

Accredited  
Practising  
Dietitian



## Location & Booking

The program is held at Health Promotion, 60 McCrae 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 & wellbeing, breastfeeding support, baby's taste, & tummy time activity. This session is co-facilitated by a Midwife/Women's Health Nurse and a Dietitian.

Time: 1st **Tuesday** 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.

Time: 2nd **Tuesday** 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.



Time: 3rd **Tuesday** of the month

### Session 4: when your baby is 12 months

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

Time: 4th **Tuesday** of the month

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

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

Phone 03 5033 9337