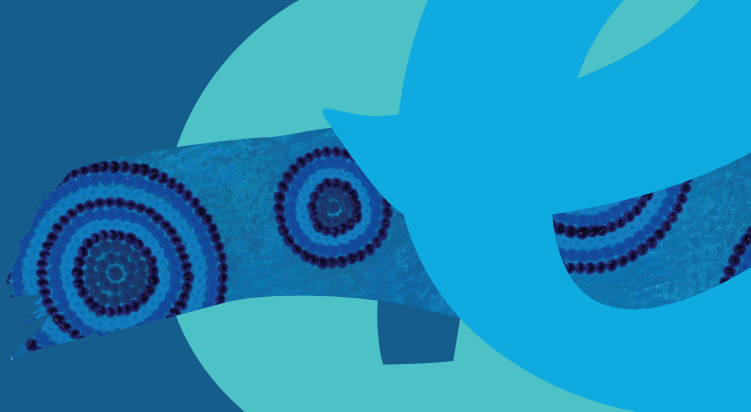




Parent Education Calendar

January–June 2025



January				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

February				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				


April				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

May				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

June				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Bookings are essential for these FREE sessions, phone: 9784 1756


*Sessions may be subject to change *Sessions delivered in person and online


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Infant massage: 0–6 months
Learn the benefits of infant massage, from strengthening the bond with your baby to gentle techniques to safely massage your baby.
- 


Food for babies: INFANT 3 months
Focuses on responsive milk feeding, when and how to introduce solids, age appropriate play and self-care.
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Food for babies: INFANT 6 months
Explores the textures and amounts of solid food for babies around 6 months of age. Food refusal and healthy eating is unpacked, as is safe play for babies on the move.
- 


Food for babies: INFANT 9 months
Explores fussy eating and food refusal for babies around 9 months of age. Active and outdoor play are explored, with ideas shared on ways to build more physical activity into family routines. 
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Food for babies: INFANT 12 months
Focuses on the importance of family meal times and limiting ‘sometimes’ food and drinks. Alternatives to using screens to occupy a toddler is discussed.
- 

Toddler behaviour: 18 months–3 years
Explores age appropriate play and its important role in toddler development. Positive parenting strategies are unpacked to manage difficult toddler behaviours. Tips and strategies for your child’s toilet training journey are also covered.
- 

Sleep and settling newborns: 0–4 months
Learn about typical sleep patterns, behaviours and requirements for a newborn, whilst learning age appropriate strategies to address sleep and settling concerns.
- 

Sleep and settling babies: 5–12 months
Learn about typical sleep patterns, behaviours and requirements for a baby. Also learn some age appropriate strategies to address sleep and settling concerns.
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Sleep and settling toddlers: 18–24 months
Learn about typical sleep patterns, behaviours and requirements for a toddler, whilst learning age appropriate strategies to address sleep and settling concerns. 

Young Parents Group: Parents up to 25 years
Meet and connect with other young local families.
Contact parentgroups@frankston.vic.gov.au for details.



For more information

Visit: frankston.vic.gov.au/ParentEducationPrograms

Phone: 9784 1756

