

# NEW PARENTS GROUP



New Parents Groups give you the opportunity to meet other new parents, form new friendships, share ideas and discuss issues that are common to all new parents.

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The **FREE** sessions are delivered by a Maternal & Child Health group facilitator and other guest speakers.

**Each week there is a new topic covered including:**

- Baby's early development
- Sleep
- Women's Health
- Adjustment to parenthood
- Home, car and fire safety
- Childhood illnesses and teeth
- Music, play and books
- Introducing diet
- Playgroups

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## WHERE

Groups meet once a week for 6 or 7 weeks at various locations across Greater Shepparton.

The information part of the session is limited to approx. 30 minutes, which leaves plenty of time for you to chat with others within the group.

Partners are also welcome to attend any or all of the sessions.

Your MCH Nurse can link you in with your own New Parents Group after your baby is born!

[www.greatershepparton.com.au](http://www.greatershepparton.com.au)