



Want the latest information  
on feeding and play for  
your baby?

Join the INFANT Program!



### Group sessions



Four face-to-face group sessions led by a health professional when your baby is around 3, 6, 9, and 12 months old.



### Phone app

Group sessions are supported by a phone app called **My Baby Now**.



### Access the app anytime!

Visit this link, or scan the QR code with your camera for app access

<https://is.gd/parentMBN>

### INFANT sessions and the companion app will help you learn about:

- Understanding and responding to your baby's cues/signs
- When and how to introduce solid foods and a sippy cup
- Active play you can do together
- Strategies for limiting screens
- Experiences, strategies and tips from other parents

Contact Inspiro to find out more or register:

**Where:** Belgrave Hub and other areas depending on demand

**Email:** [hello@inspiro.org.au](mailto:hello@inspiro.org.au)

**Phone:** (03) 9738 8801

