

Please contact a Maternal and Child Health Nurse at the following locations, if further information about this program is required.

Maternal and Child Health Centres

Beamaris

28 Bodley Street
Tel: 9589 4615

Brighton North

145A Cochrane Streets
Tel: 9596 0946

Brighton East

1 Palmer Avenue
Tel: 9591 0276

Hampton

483 Hampton Street
Tel: 9521 6401

Highett

Livingston Street
Tel: 9532 3219

Sandringham

33 Abbott Street
Tel: 9521 6405

Maternal and Child Health Coordinator

Tel: 9599 4444



For more information on
the Baby Steps –
Building Confidence
Program phone
(03) 9599 4755



Baby Steps Program
Building Confidence
for New Parents



Bayside City Council
76 Royal Avenue
SANDRINGHAM VIC 3191

T (03) 9599 4444
F (03) 9598 4474
enquiries@bayside.vic.gov.au
www.bayside.vic.gov.au

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What is the Baby Steps Program?

Parents will have the opportunity to spend a day in a specially created supportive environment to meet and share with other parents and learn confidence-building skills. Assistance can be provided with understanding infant cues, feeding, settling, establishing routines and enhancing positive relationships.

How do I access the Baby Steps Program?

During visits to the Maternal and Child Health Centre, your nurse can explain this service to you. Together you will fill in a Referral Form. You will then receive a telephone call from the Maternal and Health Outreach Staff to set the date of your session.

Where and When

The program will be held on Wednesdays from 9am to 4pm at Sandringham East Maternal and Child Health Centre, 66 Grange Road, Sandringham.

Infant cues, feeding, settling, routines, and positive relationships.



What to Bring

Parents must bring:

- All food and nourishment for parent/s and child;
- Change of clothes and nappies;
- Bedding for cot; and
- Child Health Record Book.

Fees/Costs

Bayside City Council charges no fees or costs for the Baby Steps Program. Parents must bring their own items as listed above.

Tea, coffee and biscuits will be provided.

Bookings and Cancellations

Bookings are essential, as numbers are strictly limited for each session. Parents are required to give 24 hours notice of cancellation to help us reallocate the place to parents on our waiting list.

