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| Latrobe Valley parenting initiative video transcript |
| Department of Health and Human Services |

[Title of Video] Latrobe Valley parenting initiative

[Child speaks] Hello parents of Latrobe City and the Shires of Baw Baw and Wellington.

[Female narrator speaks] The Victorian Government is working to provide some great early parenting support for you and your family. It starts by making sure you get the most out of your days and that starts by not having a sleepless night.

[Male narrator speaks] The Sleep and Settling Program is especially designed to help parents and infants six to eight weeks after birth. Its aim is to help everyone get a good night's sleep.

[Female narrator speaks] Maternal and Child Health nurses will run the program both during the day and outside normal business hours, so more working mums and dads can attend. For those with newborns, you'll want to try and keep your eyes open for more details.

From birth to age four you have access to Supported Playgroups. These are playgroups with a difference. There's a qualified person on hand to help out with advice, answer questions and share knowledge on the spot - immediate and invaluable.

[Male narrator speaks] Also, a qualified person can help you at home and help coach you if you would like this extra support.

[Female narrator speaks] And for parents with children aged between two and five, there's a new series of Triple-P parenting workshops to get excited about.

[Male narrator speaks] These workshops will focus on providing you with positive strategies to support your child's development and to give them the skills for life.

[Female narrator speaks] This Triple-P model isn't just for parents of small children. Training will also be provided for other professionals, like GPs or primary care workers, to help them use the Triple-P strategies in their work.

[Male narrator speaks] Details are on the website: services.dhhs.vic.gov.au/parenting-support

[Child speaks] Make life better for children, for parents, for families. The Latrobe Valley Early Parenting Initiative.

[End]

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