

Sleep and settling support

Maternal and Child Health Services

OFFICIAL

Sleep and settling concerns are common issues affecting families with children aged from birth to school age. The Victorian government's Maternal and Child Health service provides a range of free programs and guidance around typical sleep patterns and behaviours across a range of developmental ages.

Universal Maternal and Child Health Program

The Maternal and Child Health Service works in partnership with Victorian families to care for babies and children until they start school.

It is a free service which includes visits to a local maternal and child health nurse at 10 key ages and stages in your child's development. Additional visits are offered as well as first time parenting groups, and links to local community activities and support services.

Maternal and child health nurses can offer sleep and settling support during the ten key age and stage visits and additional consultations as required.

[Maternal and child health | City of Melbourne](#)

Enhanced Maternal and Child Health Program

The Enhanced Maternal and Child Health program provides free, intensive support for Victorian families with children aged 0 to 3 years who are facing multiple challenges. It aims to help parents address issues early to give their children the best start in life. Families are referred to the program by a range of professionals including Maternal Child Health nurses, maternity services, social workers, The Orange Door and GPs.

Outreach Sleep and Settling Program

The Outreach Sleep and Settling Program is available for families who need more intensive sleep and settling support.

This free service can be accessed through the City of Melbourne Maternal and Child Health service.

Please contact your Maternal and Child Health Nurse for additional support and for referral to the Outreach Sleep and Settling Program.

Early Parenting Centres

Early Parenting Centres offer free, specialist support for families with children aged 0 to 4 years. They support parents with strategies for achieving their parenting goals. These goals are often in areas such as sleep and settling, child behaviour, child learning and development, and parent and child health and wellbeing.

Services include day stay, residential, in-home, and group programs. Learn more: [Better Health Channel – Early Parenting Centres](#).

Maternal and Child Health Line – 13 22 29

A free, confidential, 24/7 telephone service staffed by qualified maternal and child health nurses who can provide advice on sleep, settling, feeding, and other parenting concerns for families with children (from birth to school age).

Online Resources

There are also a range of sleep and settling resources available by key ages on [Better Health Channel – Sleep and Settling Resources](#) and in the following community languages: Easy English, Arabic, Burmese, Dari, Khmer, Persian, Punjabi, Simplified Chinese, Spanish and Vietnamese.

For more information about available Maternal and Child Health services, please visit the [Better Health Channel](#).