



Get the latest information about feeding and active play for your baby!



Developed by experts and led by the Institute for Physical Activity and Nutrition at Deakin University

The My Baby Now 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
- Family meal and recipe ideas
- Active play ideas
- Strategies for limiting screens
- Experiences, strategies and tips from other parents



App access

Visit this link, or scan the QR code for more details and access the app

<https://is.gd/parentMBN>



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www.infantprogram.org

