



Guidelines for who can facilitate INFANT sessions

What is INFANT?

[INFANT](#) is an evidence-based program that shows we can, through supportive education and skills development, positively influence healthy eating and active play behaviours in both parents and their children across the first years of life.

INFANT consists of four face-to-face or online group sessions for first-time parents with content reinforced via a mobile app for parents called My Baby Now. These four age-appropriate 90-minute sessions are run every three months until the infant is 12 months old.

INFANT sessions aim to cover the topic areas of nutrition/feeding; active play and limiting sedentary behaviour; and parents own lifestyle behaviours (diet, physical activity and sedentary time).

Online INFANT training for facilitators

To ensure consistency in the delivery of INFANT, it is critical that all facilitators complete the 8 hours of [online training](#), as well as a short 1–2-hour refresher every 12 months to keep up to date with new evidence/recommendations. Train the trainer is not permitted to ensure that every facilitator has the same level of knowledge and understanding regarding the program.

Who can facilitate INFANT sessions?

Traditionally maternal and child health nurses and dietitians facilitated the INFANT group sessions, individually or jointly. Both professions are well placed to facilitate INFANT given their knowledge base and expertise.

Other staff may be suitable to deliver INFANT, including health promotion officers, family support officers, midwives and welfare officers to name a few. We recommend that facilitators:

- a) have skills and experience with group facilitation,
- b) to know when and how to refer to specialist services/professionals as required.

If you are unsure about whether you or other staff members are well placed to deliver INFANT sessions, please contact the INFANT team (via infant-study@deakin.edu.au) to discuss further.

When to refer parents/caregivers to other professionals?

Some of the session content is quite specific and may encourage technical questions, e.g., vegan diets or appropriate exercises, that require the expertise of specific professionals such as dietitians, occupational therapists, physiotherapists, speech pathologists or maternal and child health nurses.

It can be helpful to recognize the expertise of other professionals and have their contact details readily available to either invite them along to a future session, get answers to the questions or refer the parents/caregivers to them.