



What is INFANT?

INFANT supports parents at a formative time in their baby's life and their parenting journey, starting in pregnancy to 18 months of age.

It consists of **four group sessions** for new parents over the first 12 months of their baby's life, facilitated by early years health professionals and support workers who have completed **INFANT facilitator training**.

Group sessions are complemented by a series of evidence-based key messages for families and the **evidenced-based INFANT My Baby Now app**, providing trustworthy, up-to-date advice on pregnancy, healthy eating, active play and parent/carer wellbeing.

INFANT facilitator training, delivered self-paced online, also provides professional development, enabling health and support workers to incorporate the evidence-based INFANT messages into their routine practice.

INFANT (Infant Feeding, Active play & NuTrition):

A world-leading program to support parents with a new baby, INFANT was developed by researchers from the Institute for Physical Activity and Nutrition (IPAN), Deakin University, and is supported by over 15 years of research.



More information:

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*References available separately on request



Deakin University CRICOS Provider Code 00113B