



Helping Australian families raise healthy, happy children from the start of life

What the health and community workforce say about INFANT

“I have really enjoyed the INFANT program. The INFANT My Baby Now app has been so helpful in discussing topics and referring to with parents during the consults. The information is easy to follow and understand for parents. I have found that parents really enjoy reading new information that is up to date and evidence based.”

“I love the resources and how the whole program has been set up. I love that as a facilitator- everything has been provided- videos, pamphlets, posters etc. The only thing that is needed is a willing spirit and participants. I really look forward to sharing this program with my local community to benefit all the children we see.”

Why parents love INFANT

‘I loved the connection with other parents and range of topics covered’

‘I loved how the information was relevant to my baby at the time as well as some tips for what was to come.’

‘Connecting to other mothers, relevant information, connection to community groups’

‘Being able to share and listen to other parents’ issues’

More information:

infantprogram.org | INFANT-study@deakin.edu.au | +61 3 9244 5574
Institute for Physical Activity and Nutrition (IPAN), Deakin University, Australia

*References available separately on request

International endorsement of INFANT

The US Centers for Disease Control (CDC) found in a key 2023 review that INFANT is “... the strongest model for translating findings from a Randomised Control Trial to wide-spread implementation of an intervention in the community.” (US CDC Complementary Feeding Review)

The US National Cancer Institute lists INFANT as a recommended evidence-based program, rating it highly for research integrity and dissemination capability. It is the only program in its database of 207 endorsed healthy lifestyle programs that starts from birth.



IPAN
INSTITUTE FOR PHYSICAL
ACTIVITY AND NUTRITION



Deakin University CRICOS Provider Code 00113B

Working in partnership with the community

We've worked with many community organisations and partners over the past 15 years. Our current partners include:



Victorian Health Promotion Foundation (VicHealth)



Victorian Aboriginal Controlled Community Health Organisation (VACCHO)



Victorian Government Department of Health

Department of Health



MUNICIPAL ASSOCIATION OF VICTORIA

Municipal Association of Victoria (MAV)



City of Whittlesea



Sunraysia Community Health Service



raisingchildren.net.au

Raising Children Network (RCN)



Academic Health Science Centre

Western Alliance Academic Health Science Centre



Western Public Health Unit



Western Health



THE UNIVERSITY OF SYDNEY

The University of Sydney



RMIT University

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:

infantprogram.org | INFANT-study@deakin.edu.au | +61 3 9244 5574
Institute for Physical Activity and Nutrition (IPAN), Deakin University, Australia

*References available separately on request



Deakin University CRICOS Provider Code 00113B