



It's in our nature to nurture

Early Parenting Support

Tresillian Nepean



Tresillian's Early Parenting Services

The arrival of a new baby and every stage of your child's development is an exciting time, but it can be overwhelming. That's where Tresillian can help.

Services at Tresillian Nepean provide support to families with a child aged up to three years. Programs include Residential Services where families live in for 4-nights/5-days, and Day Services.


Tresillian Nepean Day Services

Your first Day Services appointment usually takes around two hours where we work in partnership with you to develop a plan that will help towards meeting your goals.

Our specialist Tresillian Nurses work alongside your Child and Family Health Service. They can help make sense of your child's crying, sleep, advise on breastfeeding, bottle-feeding, nutrition and toddler behaviour and your own emotional well-being, giving you confidence and reassurance.



Tresillian Nepean Residential Services



For families needing an extra level of support and advice with their child, we recommend a referral to Tresillian Nepean Residential Services. The residential program operates over 4 nights/5-days with all meals and accommodation provided. Tresillian Nepean offers a comfortable and friendly environment with a program tailored to your needs.

Our multi-disciplinary team includes experienced Nurses, Social Workers, Psychologists, Psychiatrists, GP's and Paediatricians who work in partnership with you. The aim is to increase your confidence by providing guidance, education, and practical advice. A program is individually tailored based on your goals and to address your concerns. Partners are actively encouraged to participate.

Find out More!



For a referral to Tresillian:

- **Ask your local Health Professional** - Child & Family Health Nurse, GP or early parenting support service to refer you and your child
- **Self Refer** by visiting the Tresillian website. Fill in a short online contact form and one of our Nurses will call you back. Visit tresillian.org.au
- **or for advice on your child** and more information on the best service to meet your needs, call the **Tresillian Parent's Help Line on FREECALL 1300 272 736.**

Tresillian offers specialist support to parents with:



**Baby's
Sleep & Settling**



**Breastfeeding &
Bottle-feeding**



**Multiple
Babies**



**Caring for
baby**



**Your Child's
Nutrition**



**Toddler
Behaviour**



**Postnatal Depression
& Anxiety**



**Adjustment to
Parenting**



**Cultural
Support**



**Parent Education
Groups**

Our vision is to
give every child
the best possible
start in life.



Virtual Consultations



If you find it's difficult to visit your local Centre due to distance or other challenges, we can arrange a Virtual Consultation with a Tresillian Nurse, via video-link, using your mobile phone or other device.

Parent Groups



To learn more about your child and meet up with other parents, consider booking into one of our Parent Groups. Topics range from 'Supporting Sleep in Young Babies' to 'Circle of Security' and 'Getting to know You'. Groups are held regularly at either a Tresillian Centre, in the community or virtually. To book visit the Courses page of Tresillian's website at tresillian.org.au

Cost?



Tresillian Nepean Day Service fees are covered by Medicare.

Tresillian Nepean Residential Service fees are covered by Medicare and/or Private Health Insurance for parent and child. For partners, a boarding fee applies to cover meals and accommodation.

Tresillian Service Hours



Tresillian Nepean Day Services
Monday to Friday, 8.00am-4.30pm
Closed on Public Holidays

Tresillian Nepean Residential Services
24 hours, 7 days a week. Programs operate on a rotational basis of 4-night/5-day stays

Tresillian Nepean Supporting Families



Tresillian Nepean

1b Barber Avenue,

Kingswood NSW 2747

Enquiries: 02 9123 8990

To self refer: FREECALL 1300 272 736

Day Services

<https://www.tresillian.org.au/locations/tresillian-nepean/tresillian-nepean-day-services/>

Residential Services

<https://www.tresillian.org.au/locations/tresillian-nepean/tresillian-nepean-residential/>





Tresillian®

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**Our friendly team at
Tresillian Nepean are here
to support your family!**

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Child & Family Health Nurse, GP
or early parenting support service
to refer you and your child.



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one of our Nurses will call you back.
Visit **tresillian.org.au**



For advice on your child or the
best service for your family, call the
Tresillian Parent's Help Line
FREECALL 1300 272 736



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.

