

# EARLY PARENTING SUPPORT

## FOR RURAL & REGIONAL FAMILIES

Adjusting to life as a Mum or Dad can be challenging! **Tresillian In Western** provides support and advice to parents with a baby or toddler on:

- sleep and settling
- breastfeeding/bottlefeeding & nutrition
- toddler behaviour
- postnatal anxiety or depression

Parents can **SELF REFER** to Tresillian in Western by calling the **Tresillian Parent's Helpline** on **1300 272 736** or

Contact your Child & Family Health Nurse, GP or other Service Provider.

### Tresillian's Services include:

- Individual consultations with a Specialist Tresillian Nurse
- Home-visiting by a Specialist Tresillian Nurse (certain locations only)
- Virtual consultations via video-conferencing
- Follow-up support & Group Programs with other parents

**TRESILLIAN IN WESTERN**  
**Tel (02) 6809 6050**

**[tresillian.org.au](https://tresillian.org.au)**



For Parenting Support call  
**Tresillian's Parent's Help Line** on  
**1300 272 736**



**Tresillian In Western  
Family Care Centre**  
214 Darling Street, Dubbo NSW 2830  
**T: (02) 6809 6050**  
**E: [TFCC-Dubbo@health.nsw.gov.au](mailto:TFCC-Dubbo@health.nsw.gov.au)**