






Need Advice & Support with your baby?





Call Tresillian 2U Mobile Early Parenting Support Service. Our Nurses can help!

Tresillian 2U visits towns in and around the NSW Mid North Coast.

We offer trusted advice on:

-  Sleep and settling
-  Breastfeeding & bottle-feeding support
-  Toddler behaviour
-  Multiple babies (twins, triplets)
-  Emotional well-being, anxiety and postnatal depression.

Tresillian 2U Services:

-  Make an appointment to discuss your concerns with a Tresillian Nurse
-  Some Vans have an Aboriginal Health Worker available for cultural support
-  Virtual Consultations available
-  Book in for one of our free Parent Group Programs

Tresillian's 2U Services are FREE!

For parenting advice or to self refer to Tresillian 2U Mid North Coast, call:

 **The Tresillian Parent's Help Line on**
1300 272 736
7 days a week!

 **Like us on Facebook at**
<https://www.facebook.com/Tresillian-2U-Mid-North-Coast-Mobile-Service-112340354590484>

 **Visit us at Tresillian 2U Mid North Coast**



For useful parenting tips
tresillian.org.au

A PARTNERSHIP BETWEEN TRESILLIAN
& MID NORTH COAST LHD



Health
Mid North Coast
Local Health District