






# 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 Queanbeyan.**

**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 Queanbeyan, 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-Queanbeyan-Mobile-Service-101411729203306>

 **Visit us at Tresillian 2U Queanbeyan**



For useful parenting tips  
**tresillian.org.au**

A PARTNERSHIP BETWEEN TRESILLIAN  
& SOUTHERN NSW LHD



Health  
Southern NSW  
Local Health District