

Tresillian Supports Families



What is Tresillian?

Tresillian Family Care Centres is Australia's largest early parenting support organisation with services for parents with a newborn, baby or child aged up to three years. Our Parent's Help Line can assist with queries relating to children aged up to five years.

Our tried and trusted programs have supported generations of families over 100 years, helping their baby grow and thrive, laying the foundations for future learning and wellbeing.

Guidance for Parents

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 Family Care Centres can help.

Our Child and Family Health Nurses can help make sense of your child's crying, sleep, feeding and behaviour.

Our aim is to help build a positive relationship between you and your child giving you confidence and reassurance as you progress through your parenting journey. We can also help you with your own emotional well-being.

How to Self-Refer to a Tresillian Service

For a referral to Tresillian Family Care Centres talk to your Child and Family Health Nurse, GP, or your local community support provider. Alternatively, you can self-refer by calling the Tresillian's Parent's Help Line on 1300 272 736, open 7 days, 7am-11pm.

Need advice on your baby now?

Call the Tresillian Parent's Help Line on FREECALL 1300 272 736

For trusted advice from a Tresillian Nurse where you can discuss your concerns and get some tips to try at home. Our Nurses will also put you in touch with parenting support services in your local area.

For useful parenting tips and information on Tresillian's Services please visit the Tresillian website at

tresillian.org.au



Our team of health professionals can provide support and advice in the following areas:



Sleep and Settling difficulties



Breastfeeding and Bottle feeding



Infant Nutrition



Multiple Babies



Toddler Behaviour



Understanding your child's developmental needs and cues.



Parent Education Groups



Parent Mental Health and Emotional Wellbeing



Caring for Baby



Cultural Support

Need Advice & Support with your baby?

Tresillian Day Services

- **Visit a Tresillian Centre** - FREE two-hour consultation with a Tresillian Nurse
- **Telehealth** – FREE two-hour consultation with a Tresillian Nurse
- **Parent Groups** – FREE parent education groups are held virtually, at Tresillian Centres and in the Community

Tresillian Day Services operate from Tresillian Centres at:



Metro Sydney, NSW: Nepean, Wollstonecraft, Canterbury

Regional NSW: Armidale, Broken Hill, Coffs Harbour, Cowra, Dubbo, Grafton, Griffith, Goulburn, Lismore, Moruya, Muswellbrook, Queanbeyan, Taree, Wagga Wagga

Victoria: Albury Wodonga



Tresillian 2U Mobile Van Services*:

Bathurst, Inverell, Mid North Coast, Moruya, Tweed, Queanbeyan.

**Some services are currently being established and coming soon.*

How much does it cost?

- The cost of Tresillian Day Services is covered by Medicare
- Residential Stays are covered by Medicare or your private health fund

A referral is required from your GP or health professional or call our **Tresillian Parent's Help Line** to ask about self-referral on **FREECALL 1300 272 736**

Tresillian Residential In-Patient Stays

Intensive support for your family

- **Tresillian's 4-nights/5-days residential program** Live in at a Tresillian Centre and work through parenting issues such as baby who is nightwaking, toddler behaviour challenges or parental stress and anxiety

Tresillian Residential Units operate from Tresillian Centres at:



Metro Sydney, NSW: Tresillian Nepean, Willoughby & Canterbury

ACT: Tresillian QEII Family Centre, Curtin

Regional NSW: Macksville Family Care Centre

