

Early Parenting Support

Tresillian Wollstonecraft



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. Our services at Tresillian Wollstonecraft 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 Wollstonecraft 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, and sleep, advise on breastfeeding, bottle-feeding, nutrition and toddler behaviour and your own emotional well-being, giving you confidence and reassurance.



Tresillian Wollstonecraft Residential Services



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

Our multi-disciplinary team includes experienced Child & Family Health Nurses, Social Workers, Psychiatrists, Paediatrician's and GP's 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!



Book a visit to Tresillian:

- **Visit tresillian.org.au**, fill in a short online contact form and one of our Nurses will call you back
- **Ask your local Health Professional** - Child & Family Health Nurse, GP or early parenting support service to refer you and your child
- **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 Tresillian Wollstonecraft due to distance or other challenges, we can arrange a Virtual Appointment 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, Circle of Security, Getting to Know You, Postnatal Depression & Anxiety, Wellbeing for Busy Parents, Connecting with your Child, Parenting for Dads.

Parent 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?



Day Service fees at Tresillian Wollstonecraft are covered by Medicare.

Residential Service fees are covered by Medicare and/or private health insurance for both parent and child. For partners, a boarding fee applies to cover meals and accommodation.

Tresillian Service Hours

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

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



Tresillian Wollstonecraft

25 Shirley Road,
Wollstonecraft NSW 2065
Enquiries: 02 9432 4000
tresillian.org.au





Tresillian®

It's in our nature to nurture

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

Book a visit to Tresillian:

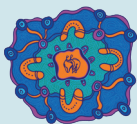
Visit tresillian.org.au, fill in a short online contact form and one of our Nurses will call you back



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



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 the land in the countries on which we live and work in NSW, the ACT and Victoria. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.

