



Tresillian® 2U
TASMANIA NORTH

The Early Years Parenting Service

Mobile Early Parenting Support



Tresillian 2U

The Early Years Parenting Service

1300 272 722



Support and advice on



What is Tresillian?

Tresillian Family Care Centres is Australia's largest early parenting support organisation with services for parents with a 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 for over 100 years, helping their baby grow and thrive, laying the foundations for future learning and well-being.



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**



Tresillian 2U Mobile 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 2U can help.

Your first 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 Mobile Vans are family friendly with a private consultation room, cot, and change-table.

Our specialist Tresillian Nurses and Aboriginal Health Worker, 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.

The Tresillian 2U Mobile Van visits families living in towns across Northern Tasmania on a rotational basis. You will be advised on the location of the van at your booking. Follow up telephone support is also offered.

Virtual Consultations



If you find it's difficult to visit Tresillian 2U Tasmania North 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.



Our vision is to
give every child
the best possible
start in life.



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 827 282**

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?

The cost of Tresillian Day Services including Tresillian 2U appointments, is covered by Medicare.

Tresillian Service Hours

Monday to Friday, 8.00am-4.30pm
Closed on Public Holidays

Tresillian in Tasmania



Tresillian North Intensive Parenting Unit

Enquiries: (03) 6338 2911

Email: TFCC-Launceston@health.nsw.gov.au

Launceston Health Hub,
Level 4, 237-241 Wellington Street
Launceston, Tasmania 7250

tresillian.org.au

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Tresillian 2U Tasmania North

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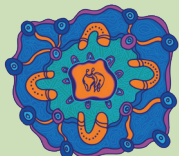


Our friendly team at the
Tresillian 2U Tasmania North
are here to support your
family!

tresillian.org.au

For parenting resources, videos, online
tours of Tresillian services, parent
education group courses and more.

Tresillian Parent's Help Line
1300 TAS BUB
FREECALL 1300 827 282



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia, the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and TAS. 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.