

# Early Parenting Support

Tresillian Canterbury



# 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.

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



# Tresillian Canterbury Residential Services



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

Our multi-disciplinary team includes experienced Nurses, Social Workers, Psychologists, Psychiatrists, GP's and Paediatricians 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!



For a referral to Tresillian:

- **Ask your local Health Professional** - Child & Family Health Nurse, GP or early parenting support service to refer you and your child
- **Self Refer** by visiting the Tresillian website. Fill in a short online contact form and one of our Nurses will call you back. Visit [tresillian.org.au](https://tresillian.org.au)
- **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 your local Centre due to distance or other challenges, we can arrange a Virtual Consultation 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' to 'Circle of Security' and 'Getting to know You'. 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](https://tresillian.org.au)

## Cost?



**Tresillian Canterbury Day Service** fees are covered by Medicare.

**Tresillian Canterbury Residential Service** fees are covered by Medicare and/or Private Health Insurance for parent and child. For partners, a boarding fee applies to cover meals and accommodation.

## Tresillian Service Hours



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

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

# Tresillian Canterbury

## Supporting Families



### Tresillian Canterbury

McKenzie Street,  
Belmore NSW 2192

Enquiries: 02 9123 8800

To self refer: **FREECALL 1300 272 736**

#### Day Services

<https://www.tresillian.org.au/locations/tresillian-canterbury-day-services/>

#### Residential Services

<https://www.tresillian.org.au/locations/tresillian-canterbury-residential/>





# Tresillian®

*It's in our nature to nurture*

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

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one of our Nurses will call you back.  
Visit **[tresillian.org.au](https://tresillian.org.au)**

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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 land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.

