Tresillian®

It's in our nature to nurture

Early Parenting Support

Nepean



tresillian.org.au

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'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 Nepean 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 Nepean 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 and in some cases, an Aboriginal Health Worker, 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 Nepean Residential Services

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

Virtual Consultations

If you find it's difficult to visit Tresillian Nepean 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.



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.

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 Nepean 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

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

Tresillian Nepean

1b Barber Avenue,
Kingswood NSW 2747
Enquiries: 02 9123 8990
tresillian.org.au
Follow us on Facebook



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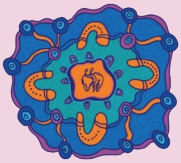
Our friendly team at Tresillian Nepean are here to support your family!

tresillian.org.au

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

Parent's Help Line

NSW/ACT: FREECALL 1300 272 736
TAS: 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 Tasmania. 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.

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