

Early Parenting Support



Tresillian Launceston



What is Tresillian?

Based in the Launceston Health Hub, Tresillian Launceston is backed by over 100 years of delivering early parenting support services across NSW and the ACT.

Our clinical team work in partnership with parents to address concerns such as a baby who isn't settling, feeding difficulties or the emotional wellbeing of the mother.

In Tasmania, our services include:

- 4 night/5 day Residential unit
- Day Services
- Virtual Consultations
- **Tresillian Parent's Help Line**
1300 TAS BUB
FREECALL 1300 827 282

Our specialist programs aim at promoting parental confidence to support secure attachment between parents and their children.



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 in Launceston, Tasmania provide support to families with a baby, toddler or child aged up to three years. Programs include face to face consultations with a nurse at Tresillian in Launceston, Virtual Consultations and Residential Services where families live in for 4-nights/5-days .

Tresillian Day Services



Our Tresillian team is here to help you and your little one in any way we can. Our specialist nurses are experts in understanding your child's cries, sleep patterns, breastfeeding and bottle-feeding, nutrition, and toddler behaviour. They'll give you all the reassurance and confidence you need.

Here's how you can book an appointment:

1. Head over to tresillian.org.au or give the Parent's Help Line a call to arrange a visit to Tresillian.
2. On your first appointment, you'll meet with a nurse who'll chat with you about your concerns and help you create a plan to achieve your goals. This usually takes around two hours.
3. After your first appointment, we'll arrange a follow-up appointment either in person, virtually, or by phone. Let us know what works best for you.

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

Tresillian Tasmania Residential Services



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

TAS BUB Virtual Consultation Service



If you find it's difficult to visit Tresillian in Launceston due to distance or other challenges, consider a Virtual consultation.

To request a consultation visit tresillian.org.au or call

Tresillian Parent's Help Line

1300 TAS BUB

FREECALL 1300 827 282

This services can be accessed on your desktop or mobile device from the comfort of your own home, via three planned sessions.

This service is flexible and works with you and your family on your goals. We welcome spouses/partners and other caregivers to join the sessions.

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 and more!

Parent Groups are held regularly at Tresillian Launceston, 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 Launceston 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

Day Services (Closed Public Holidays)

Residential Services (Open Monday to Friday including Public Holidays)



**Need help with your baby?
Call our friendly nurses on the**

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

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**
1300 TAS BUB
FREECALL 1300 827 282

Tresillian in Tasmania Supporting Families



Tresillian Launceston

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





It's in our nature to nurture

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

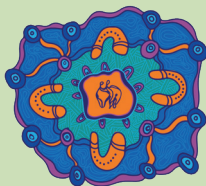
tresillian.org.au

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

Tresillian Parent's Help Line

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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.