



# Day Stay

Information for Parents



## Perhaps Tresillian Day Stay can help you

Not all babies are easy to manage and sometimes it can be very difficult to cope.

Tresillian Day Stay is a specialised service for parents who are needing advice on the management of their baby or toddler up to two years.

## Is Day Stay available in my area?

Tresillian Day Stay is available to parents living within the inner west of Sydney and local government area for Canterbury Council. Consult your GP or early childhood nurse to ensure you are within the area.

## Who stays and for how long?

Both parents are encouraged to attend the program. This contributes to a better family outcome. If appropriate, a grandparent may attend instead of a partner. Parents usually spend up to 6 hours at Tresillian when they utilise Tresillian Day Stay.

Tresillian Day Stay  
Tresillian Family Care Centres  
McKenzie Street  
Belmore 2192  
**Tel: (02) 9787 0828**

Hours: 8.30am - 5.00pm

Tresillian's 24 Hour Parents Help Line  
**Tel: (02) 9787 0855**

**Tresillian Canterbury**  
Family Care Centre

Tel: **(02) 9787 0828**



## Some of the reasons parents visit Tresillian Day Stay is for assistance with:

- breastfeeding or bottlefeeding
- managing a baby who seems unsettled
- difficult toddler behaviour
- toddler management
- addressing personal concerns of the parents
- family relationship difficulties
- feelings of post natal depression or helplessness



### The Tresillian Team

At Tresillian Day Stay you will find a skilled team of professional Child and Family Health Nurses and a Social Worker or Psychologist who will work through your concerns with you in a caring and understanding way. While some issues can be dealt with in one visit, often parents return for another day.

The Day Stay Unit is open Monday to Friday from 8.30am to 5.00pm.

### What about siblings?

If you have older children you will need to arrange childminding while you and your baby or toddler attend Tresillian Day Stay.

#### Bookings:

A referral from a health professional, such as a Child & Family Health Nurse or General Practitioner, is essential.

#### Cost:

Tresillian Day Stay is a free health service to the community.

### The Day Stay Parenting Education Program

The team at Tresillian Day Stay also hold regular parent education programs which are open to anyone wishing to broaden their knowledge on different aspects of parenthood. Groups may include the following:

#### • Toddler Management

This group is held over 8 weeks and includes topics such as tantrums, feeding difficulties and nightwaking.

#### • Post Natal Depression

This group is also held over 8 weeks and looks at how to manage depression.

#### • Parenthood

This group is generally held over 4 weeks and includes topics on how to enjoy your baby and what to expect in the first few months.

#### • Stress Management

The group helps parents understand and manage the stressors of parenting.

#### To book into any of the above Programs:

Contact Tresillian Day Stay on (02) 9787 0828.

#### Cost:

A minimal charge applies for each program.

#### Childminding:

Childminding is available at Tresillian for a small fee.