

## Day Stay Group Programs

The team at Tresillian Day Stay also hold regular parent education programs which are open to parents wishing to broaden their knowledge on different aspects of parenthood.

The following programs are available in conjunction with the local community health service.

- **Post Natal Depression**

This group is held over 8 weeks and looks at how depression can be dealt with.

- **Sleep and settling program**

Held each week for babies 0-5 months.

## Cost

Day Stay is a free service.

**Tel: 02 4734 2124 Fax: 02 4734 2453**

## Open Day

Tresillian Wentworth holds monthly open days for health professionals.

Tresillian Wenworth  
Tresillian Family Care Centres  
1B Barber Ave, Kingswood NSW 2747

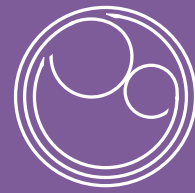
**Tel: (02) 4734 2124**

**Fax: (02) 4734 2453**

Hours: 8.30am - 5.00pm Monday - Friday

Tresillian's 24 Hour Parents Help Line

**Tel: (02) 9787 0855 Freecall 1800 637 357**



# Day Stay

Information for Parents & Health Professionals



**Tresillian Wentworth  
Family Care Centre**

**Tel: (02) 4734 2124**



## Who is able to attend Tresillian Day Stay?

Day Stay is a secondary level referral service. It is targeted at families with children up to 36 months of age with identified problems associated with parenting.



These problems may include:

- feeding difficulties including breast, bottle and solids
- unsettled babies and associated sleep patterns
- infant and child behaviour
- toddler management
- postnatal depression or anxiety
- family relationship difficulties

### Tresillian's Day Stay Service

Tresillian Day Stay is a professional, specialised and short term service for parents experiencing difficulties with their baby or toddler. On average, one to three, day stay visits are usual whereby parents visit Tresillian for a day at a time.

### Aim of the Day Stay Service

The aim of Day Stay is to provide families with support and education in all areas of parenting for children aged up to three years. Parents work with the team to develop a range of management strategies and counselling by nursing, psychology and social work staff.

### The Referral Process

Referrals can be made by health professionals including Child & Family Health and Community

Nurses, Paediatricians, Obstetricians, General Practitioners, Psychiatrists, Psychologists, Midwives.

Referrals can be faxed, posted or telephoned to the Intake Officer. After the referral has been taken the parent is asked to contact our Intake Officer to make an appointment.

The Intake officer is available Monday to Friday 9am - 3pm

### The Team in Day Stay

Tresillian's Day Stay team includes an interdisciplinary team of Child and Family Health Nurses, Social Workers and Psychologists.