



Day Stay

Information for Health Professionals



• Settling Groups

The aim of this group is to support and educate parents in the area of sleep and settling techniques. The Group is held fortnightly (or weekly, depending on the demand) for 2 hours, from 10am until noon. We try to limit the group number to four parents. This group is ideally suited for babies under 3 months. The objective of this group is to help parents understand what is “normal” behaviour in young babies.

If you would like to discuss any aspect of the group programs or arrange for a leaflet to be sent to an interested parent, please telephone (02) 9432 4000 and our secretary will help you and put you in touch with the Registered Nurse or Social Worker or Psychologist who will be facilitating the groups.

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 2 years. Parents are offered a range of management alternatives as well as counselling by nursing and social work or psychology staff.

Referral of Urgent Clients

A system is in place for urgent referrals. You can be assured that clients needing immediate assistance will be given priority.

Tresillian Family Care Centre
25 Shirley Road
Wollstonecraft 2065

Tel: (02) 9432 4000

Fax: (02) 9432 4020

Tel: (02) 8962 8332 (Intake)

Fax: (02) 8962 8333 (Intake)

Hours: 8.00am - 5.00pm Monday - Friday

Tresillian 24 Hour Parents Help Line

Tel: (02) 9787 0855

Freecall: 1800 637 357

(Outside Sydney metropolitan area)

www.tresillian.net

**Tresillian Wollstonecraft
Family Care Centre**

Tel: (02) 9432 4000



Who is able to attend Tresillian Day Stay?

Day Stay is a secondary level of service. It is primarily for families with children aged up to 2 years with identified issues associated with parenting.



These issues may include:

- feeding difficulties including breast, bottle or solids
- an unsettled baby and associated sleep patterns
- infant and child behaviour
- toddler management
- post natal depression or anxiety concerns
- family relationship difficulties
- social issues surrounding these difficulties

The Referral Process

Referrals are made by health professionals in the community including Early Childhood Health Nurses, Paediatricians, Obstetricians, General Practitioners, Psychiatrists, Psychologists and professional staff at Tresillian Centres.

The Team in Day Stay

Tresillian's Day Stay team includes an interdisciplinary team of Child and Family Health Nurses and a Social Worker or Psychologist.

Day Stay Group Programs

Day Stay at Wollstonecraft services the lower north shore area. The team at Tresillian Day Stay also hold regular parent education therapy focused programs

which are open to anyone wishing to broaden their knowledge on different aspects of parenthood. The following programs are held once during school term.

• 35+ Groups

A 4 week program designed for women over 35 who are adjusting to issues around parenting. It is a forum where women can discuss issues of being older in their parenting and its impact on them. Some of the issues covered are:

- Changes in lifestyle
- Changes in relationship with partners
- Career advancement issues

Women may refer themselves or be referred by a health professional.

• Mothering in the New Millennium

This program runs for 4 weeks and was designed for vulnerable women who are struggling with adjustment to parenting issues.

These women may have a diagnosis of post natal depression or may have been identified as having significant risk factors. Some of the issues covered are:

- Myths of Motherhood
- Expectations of life with a baby versus the reality
- Perfect mother and good enough mother

Women attending this group must be referred by a health professional.

• First Aid Group

This 5 week program is the St John Ambulance "Care for Kids" First Aid Course. The first session is a lecture by Dr Patrick Concannon from the Chatswood Child and Family Health Centre and the remaining 4 sessions are run by a representative from St John Ambulance. Parents can refer themselves.

• Toddler Group

This is a 7 week program offered to parents of children aged from 15-30 months of age. Development stages and needs are discussed and strategies suggested. Women may refer themselves or be referred by a health professional.

• Post Natal Depression Group

This is an 8 week program for 8-10 women who have been diagnosed with PND. There is also one evening group for men only to discuss the impact of their partners PND on them and on the relationship and family. The women have an opportunity to meet with others to talk about their issues and develop strategies.