

Day Stay

Information for Health Professionals



Professional Support

Tresillian Day Stay provides support and back up to other Child & Family Health professionals. We liaise closely with services in the community, feeding back information and referring on, as appropriate.

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. Tresillian health professionals work with parents to develop 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.

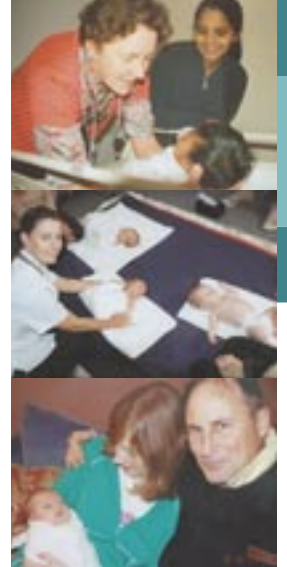
Tresillian Day Stay
Tresillian Family Care Centres
McKenzie Street
Belmore 2192
Tel: (02) 9787 0823

Hours: 8.30am - 5.00pm

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

**Tresillian Canterbury
Family Care Centre**

Tel: (02) 9787 0823



Who is able to attend Tresillian Day Stay?

Day Stay is a secondary level of service. It's primarily for families with children aged up to 2 years who have 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
- 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 Child & Family 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

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 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.

- **Parent/Infant Interaction**

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, clients should call:

Tresillian Day Stay on (02) 9787 0828.

Cost

A minimal charge applies for group programs and childminding. Day Stay is a free health service to the community.