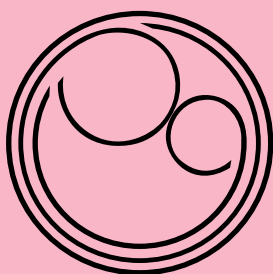


Tresillian

FAMILY CARE CENTRES

Professional services and support for
families with young children



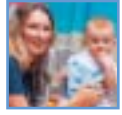
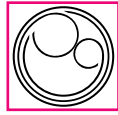
ROYAL SOCIETY FOR THE
WELFARE OF MOTHERS AND BABIES



Tresillian's Commitment to you

Our team of Child and Family Health Nurses, Paediatricians, Psychiatrists, Psychologists and Social Workers are committed to providing specialist care and advice to parents needing help and support with their young baby or toddler. They can help you and your family work through parenting problems in a friendly and relaxing environment. **Our staff can:**

- Consult with you and your partner on ways to overcome your particular problem.
- Help you decide on the best management plan for your family.
- Help you develop confidence in your parenting abilities.
- Advise you on Tresillian's parent education programs.



Tresillian Family Care Centres is a *health* service that can offer you professional help and *support* through your *child's* early years

How can

Tresillian help?

Being a parent of a young baby or toddler can be challenging and there are times you may need extra help and support along the way. Tresillian's Child and Family Health Professionals are available to offer you practical assistance on issues such as:

- Feeding difficulties including breastfeeding
- Settling your baby
- Sleeping patterns
- Crying and unsettled behaviour
- Introducing solids
- Postnatal Depression
- Toddler behaviour
- Parenting issues for the family





Do I need a referral to go to *Tresillian*?

Yes, you need a referral from your
Early Childhood Health Nurse, GP,
or Paediatrician.

But I need *advice now!*

It's comforting to know that help is
only a 'phone call' away. Tresillian's 24
hour Parents Help Line is available to
parents needing on the spot advice
from a Child and Family Health Nurse.
Keep these numbers handy.

TRESILLIAN PARENTS HELP LINE

PH: 9787 0855

in the Sydney Metropolitan area

PH: 1800 637 357

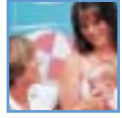
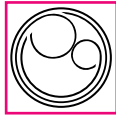
outside the Sydney
Metropolitan Area



So what *Services* does Tresillian provide?

Residential

At Tresillian we have three Residential Units located at our Canterbury, Penrith and Willoughby Centres. The Canterbury and Willoughby Centres cater for babies aged up to two years and Penrith, for children aged up to three years. Parents are able to stay several days at these Units which have a friendly, home-like atmosphere with comfortable rooms where both parents are welcome. An opportunity for counselling is provided and we encourage parents to discuss their issues and expectations with our health professionals. Our team includes Child and Family Health Nurses, Paediatricians, Psychiatrists, Psychologists and Social Workers. An individual management plan is designed with each family. After a stay at Tresillian, parents leave with increased confidence in their own parenting skills.



Day Stay

Between 9am and 5pm, Monday to Friday, Tresillian operates a Day Stay Service at our Centres in Canterbury, Penrith and Wollstonecraft. Often parents experiencing difficulties with issues such as settling or breastfeeding, utilise Day Stay. Throughout the day, our team of Child and Family Health Nurses, Psychologists and Social Workers work with parents providing parent education and support to help reach goals set by the family. Counselling is also available.



Outreach

Between 9am and 5pm, Monday to Friday, Tresillian operates an Outreach Service in our Centres at Canterbury and Wollstonecraft. This service involves Child and Family Health Nurses, Psychologists and Social Workers visiting parents at home to assist with issues such as breastfeeding or an unsettled baby. Many parents, including those of twins, and triplets and those from linguistically and culturally diverse backgrounds, have found this service to be invaluable.

How much does it cost?

As Tresillian is funded by the NSW Health Department when you use our Residential service, your medical expenses are covered by Medicare or private insurance. Parents pay a small fee towards accommodation costs. The Outreach and Day Stay services are free.

Who can benefit from the services available at Tresillian?

Anyone needing assistance with a parenting issue can benefit from the services available at Tresillian. As well as parents, we welcome Grandparents, Child Care Workers and Nannies who may be needing help with a young child in their care. If your family requires an interpreter service, we can arrange that too.

Does Tresillian have a Parent Education Program?

Tresillian holds regular educational seminars for parents, throughout Sydney. Topics range from Toddler Management, Parent/Baby relationships, Postnatal Depression and Settling and Sleep. Antenatal classes are also held to prepare couples for parenthood. After your baby arrives, parenting groups provide a great opportunity for families to share experiences, gain knowledge and develop skills in all aspects of parenting.

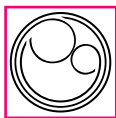




Where does the name “Tresillian” originate from?

Originally known as the Royal Society for the Welfare of Mothers and Babies, Tresillian opened its first Centre in an old home in Petersham in 1921. The home had been named “Tresillian” by the previous owners who originated from the village of Tresillian in Cornwall, England. From then on families referred to our organisation as Tresillian.





Guthrie Child Care Centre

Tresillian's Long Day Care Centre is located in 25 Shirley Road, Wollstonecraft. The Centre caters for 40 children that are cared for Monday to Friday, between the hours of 7.30am and 5.30pm. The Centre is extremely popular due to its excellent reputation. For further enquiries, contact the Director, on **9432 4040**.

Occasional Care Service

Tresillian's Wollstonecraft Centre provides an Occasional Care Childminding Service for parents with a young baby needing "time-out" for doctors appointments etc. The service operates three days per week from 9.30am to 2.30pm - for details contact Tresillian on **9432 4000**.

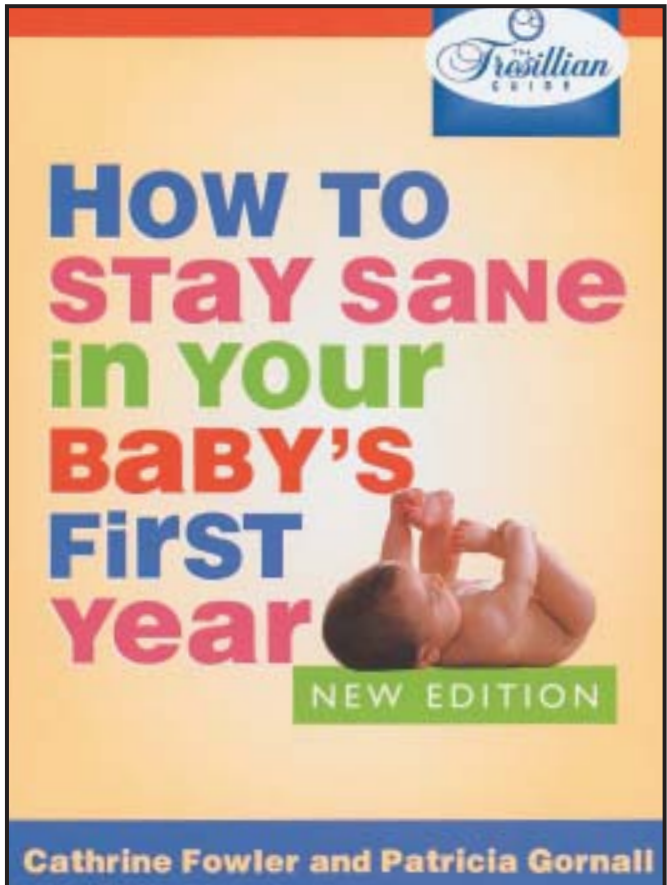
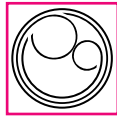


Tresillian Parents Guide

‘How to Stay Sane in Your Baby’s First Year’

Contains everything you need to know about coping with what seems like endless crying, a chronic lack of sleep and ever-growing piles of dirty nappies! Written by two members of Tresillian’s Education and Research Unit, this book is a comprehensive guide to parenting that gives detailed, useful advice to the new parent.

This best seller is available now from your nearest Tresillian Centre or local book shop.



TRESILLIAN FAMILY CARE CENTRES ARE
LOCATED AT:

CANTERBURY

Head Office

McKenzie Street, Belmore, NSW 2192

Telephone: (02) 9787 0800

Facsimilie: (02) 9787 0880

Website: www.tresillian.net

WILLOUGHBY

2 Second Avenue, Willoughby, NSW 2068

Telephone: (02) 8962 8300

Facsimilie: (02) 8962 8301

PENRITH

1b Barber Avenue, Kingswood, NSW 2747

Telephone: (02) 4734 2124

Facsimilie: (02) 4734 2453

WOLLSTONECRAFT

25 Shirley Road, Wollstonecraft, NSW 2065

Telephone: (02) 9432 4000

Facsimilie: (02) 9432 4020

GUTHRIE CHILD CARE CENTRE

25 Shirley Road, Wollstonecraft, NSW 2065

Telephone: (02) 9432 4040

Facsimilie: (02) 9432 4041

For on the spot parenting advice call:

TRESILLIAN'S 24 HOUR PARENTS HELP LINE

Ph: **9787 0855** in the Sydney metropolitan area
or **1800 637 357** FREECALL OUTSIDE SYDNEY

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