

Day Stay

Tresillian Nepean

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Tresillian

Your **Day Stay** At Tresillian Nepean

A new baby or disruptive toddler can cause a lot of anxiety for their parents.
Perhaps Tresillian Day Stay can help you.

Who Uses Day Stay?

Parents needing advice and support with:

- ✦ Infant sleep and settling
- ✦ Breastfeeding/bottlefeeding
- ✦ Toddler behaviour
- ✦ Sibling rivalry
- ✦ Multiple births
- ✦ Isolation
- ✦ Premature birth or a complicated delivery
- ✦ A baby or child with a disabilities or chronic illness
- ✦ Adjustment to parenting

✦ Mild to moderate anxiety/ depression

✦ Family stressors

✦ Relationships

A referral is required from your Child and Family Health Nurse, Paediatrician or local doctor, to access Day Stay.

So how does it work?

Throughout the day, our Child & Family Health nurses will discuss the issues concerning you and provide you with support, advice and strategies.

Your partner or a relative is also welcome to attend. An appointment with a Social Worker or Psychologist can also be arranged if required.

Age Range

Our Day Stay Unit caters for families with children aged between 0-36 months.

Cost?

Day Stay is a free health service to families.

What to Bring to Day Stay

- Lunch for yourself and your support person (if attending)
- Nappies/clothes etc for your child.
- Bottle feeds already prepared if your child is on formula.
- Solids/meals if needed for your child.
- Feeding cup/teats/dummy/etc for your child, if required.
- A few small toys, eg. rattle.
- Favourite soft bedtime toy if your child is over 12 months.
- Wrap (optional) - light cotton or cheesecloth.
- Personal Health Record Book (Blue Book).
- Your referral letter (if applicable).
- Completed sleep diary (if applicable)

Some 'must-know' information:

Confirmation of Booking

Your booking will be confirmed on the preceding working day before your Day Stay appointment.

Immunisation

Immunisation may cause your child's behaviour to be unsettled. It would be preferable if your child did not attend Day Stay within 72 hours of an immunisation.

Infection or illness

Please telephone to re-book your appointment if you or your child has an infection or illness.

Massage

A massage therapist attends the Centre on Mondays, Wednesdays and Fridays.

Peanut Allergy

Any foods containing any type of NUTS are excluded from Tresillian, due to the risk of allergic reaction eg. Peanut Butter.

Siblings

Due to the constraints of the Day Stay unit, siblings are not permitted to attend the Day Stay appointment.

Social Work/Psychology Services

Social Workers and Psychologists are an integral part of the Tresillian health professional team within the Day Stay Unit.

The role of the Social Work/Psychology team within the Day Stay Unit is to work supportively with families taking individual, family and social context into consideration. The goal of counselling intervention is to support families in achieving their individual goals by using a range of approaches and strategies. Families have found the services provided by the Social Work and Psychology team invaluable in complementing the input of the nursing staff.

Staffing

Each Child and Family Health Nurse has one new client and one follow-up client per day.

Support Person

Your Partner, grandparent or other support person/s are welcome to accompany you for your appointment.

Security

Tresillian is unable to provide security for valuables (please leave your valuables at home).

Parking

A carpark is available on the premises however it is not secured and therefore parking is at your own risk. To avoid an illegal parking fine, you must obtain a carpark permit from Reception on arrival to the unit.

People with a disability

Tresillian Nepean caters for people with a disability. Contact Tresillian Nepean in relation to your requirements. Access to the centre includes disabled parking at the front of the centre.

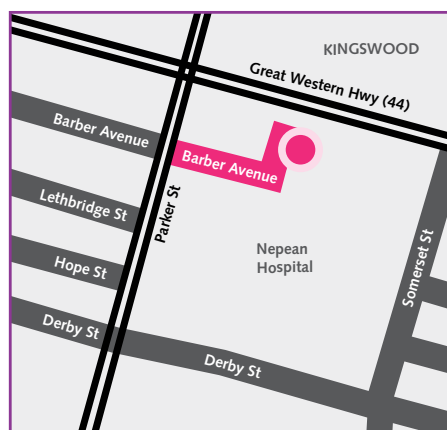
Note: Tresillian Nepean is a Smoke Free health facility which means no smoking is permitted in the entrance areas, buildings or grounds of the Centre for families staying at the Centre or visitors. If you require further information please contact Tresillian.

Tresillian Nepean - Hours of Business:

Reception: Monday to Friday 8.00am to 5.00pm
Day Stay Unit Monday to Friday 8.30am to 5.00pm

Directions

Tresillian Nepean is located approximately 3 kilometres from the M4 Motorway off the Northern Road, Penrith exit within the grounds of Nepean Hospital. Please note that the Northern Road becomes Parker Street when travelling north. There is no right hand turn into Barber Avenue from Parker Street. Therefore, if you are coming from the M4 motorway, it is necessary to complete a circuit of the hospital grounds, i.e. right turn into Derby Street, then left into Somerset Street, left onto the Great Western Highway, left onto Parker Street, then first left into Barber Avenue. Drive to the end of Barber Avenue and you will be in our Carpark.



For on the spot advice

Call the Tresillian Parent's Help Line on
(02) 9787 0855
or **1800 637 357**

or visit
Tresillian Live Advice
at
www.tresillian.net

Your Booking:

My Day Stay booking is:
___ / ___ / ___ at ___ am/pm
until approximately ___ am/pm.

My Day Stay Follow up booking is on:
___ / ___ / ___ at ___ am/pm
until approximately ___ am/pm.

Your Day Stay booking will be confirmed on the preceding working day. Please be advised that due to unforeseen circumstances, at times you may be asked to change your booking date.