

Day Stay

Tresillian Wollstonecraft

25 Shirley Road Wollstonecraft

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Your Day Stay At Tresillian Wollstonecraft

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, Psychologists or Social Workers will discuss the issues concerning you and provide you with support, advice and strategies. Your partner or a relative is also welcome to attend.

Age Range

Our Day Stay Units cater for families with babies aged between 0-12months.

Cost?

Day Stay is a free health service to the community.

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).

have found the services provided by the Social Work and Psychology team invaluable in complementing the input of the nursing staff.

Staffing

Each Registered 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).

People with a disability

Tresillian Wollstonecraft caters for people with a disability. Contact Tresillian Wollstonecraft in relation to your requirements. Access to the centre is via a ramp at the entrance.

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

Tresillian Wollstonecraft -

Hours of Business:

Reception - Monday to Friday 8.00am to 4.30pm
Day Stay - Monday to Friday 8.30am to 5.00pm

Parking

Parking is available on the street. Tresillian is located three minutes walk from Wollstonecraft station.

Some 'must-know' information:

Confirmation of Booking

Your booking will be confirmed one week before your visit to Day Stay.

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.

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. Tresillian does have an Occasional Care Centre which caters for children aged up to 14 months.

Occasional Care

If you have an older child who needs care, consider Tresillian's Occasional Care Service which opens from Wednesday to Friday between 9.30am and 2.15pm and caters for children aged up to 14 months. Bookings should be made at least one week in advance to secure your child's position. The cost is \$55 per child of \$77 for twins per visit with a \$44 one off registration fee. Call (02) 9432 4015 or (02) 9432 4000 to make your booking.

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



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.

