



**Tresillian**



Tresillian Family Care  
Centres - a leading  
health service offering  
professional help and  
support to families  
with a baby, toddler or  
preschooler

Childcare Centre Name: St. Andrew's  
No. 123 Street  
City: Sydney  
State: NSW  
Postcode: 1500

## Help is available to you at Tresillian

Becoming a parent can be an exciting and rewarding experience. Most feel an overwhelming sense of love when they hold their baby for the first time and for many their parenting journey will be relatively smooth but for some families the journey isn't so easy.

A new baby in the family can change everything and often both parents struggle to come to terms with those changes, particularly when it's their first child.

When baby just won't stop crying or settle, when breastfeeding seems impossible or when both parents feels constantly tired and depressed, that's when it's time to turn to Tresillian for help.

*Our mission is to optimise the health and well being of families with young children*

## So, how can Tresillian help?

Tresillian has a range of services that can help your family. Anyone can go on-line to our Messenger Mums service for advice, or telephone our Tresillian Parent's Help Line and speak to a Child and Family Health Nurse.

For example:

If you need advice on breastfeeding or settling your baby you may decide to visit one of our Day Stay services.

Or for some, another option is our Outreach service where a Tresillian Child and Family health professional visits you at home to discuss your particular needs.

After trying Day Stay and/or Outreach and the problem persists, the answer may be a Residential Stay at one of our three residential Centres.



## 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, advice and education to you and your family through your child's early years.

Ultimately, Tresillian helps you gain confidence in your own parenting abilities.



Tresillian can help you with issues such as your baby's routine, feeding, sleep and settling



*Anyone needing assistance with a parenting issue can benefit from the services available at Tresillian.*



But I need advice  
now!



Don't hesitate to  
call our Parent's  
Help Line if you  
need help



## Tresillian Parent's Help Line

If you need help, call our Registered Child &  
Family Health Nurses on:

TRESILLIAN PARENT'S HELP LINE

(02) 9787 0855  
in Sydney or

1800 637 357  
(A freecall outside Sydney)



# TRESILLIAN LIVE ADVICE

ON FACEBOOK

Tresillian Live Advice is now on Facebook. This is a free service where you can ask advice from a Tresillian Nurse, online, using a chat application on Facebook.

For more information on this service visit:

[www.tresillian.net](http://www.tresillian.net)



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*We're proud of our reputation for providing professional services and support for families with young children*





## Tell me more about Tresillian

### Day Stay

Some of the more common reasons parents visit Day Stay is for help with baby's sleep patterns, or breastfeeding difficulties. Day Stay is open weekdays only from 8.00am to 4.30pm.

Throughout the day Tresillian's team of Child and Family Health Nurses, Psychologists and Social Workers work with parents providing education, counselling and support to help reach goals set by the family. Day Stay is located at our Centres in Canterbury, Nepean and Wollstonecraft and the service is free of charge.

A referral from your doctor or health professional is required to access this service.

*After a stay at Tresillian, parents leave with increased confidence in their own parenting skills.*



## Outreach

Trained Child and Family Health Nurses, Psychologists and Social Workers visit parents in their own home to provide help and advice on issues such as breastfeeding and settling baby. Our Outreach service is open Monday to Friday between 8.00am and 4.30pm and staff visit the areas immediately surrounding the Canterbury and Wollstonecraft Centres. While this service is free of charge, a referral from your doctor or health professional is required.



*Tresillian Family Care Centres believes in the value of the family as a means of establishing individual identity and promoting the development of healthy individuals*

## Residential Care

Parents need to have a referral from their local health professional and usually they have sought help from a Family Care Cottage or Day Stay unit before admitting to one of Tresillian's Residential Units.

On arrival to Tresillian, an individual management plan is designed in consultation with the family to help parents understand their baby's cues and develop confidence in their own parenting skills. Over four nights and five days, Child and Family Nurses, Psychologists, Social Workers, Paediatricians and Psychiatrists work closely to help reach the goals set by the family. Our residential facilities are located at Tresillian Canterbury, Nepean and Willoughby.

As Tresillian is funded by the NSW Health Department, clinical services in the Residential Units are covered by Medicare or the family's private health fund and parents pay a small accommodation and meals charge.



## Education & Research

Parenting education plays an important role in Tresillian and each year we hold a variety of specialist programs, just for parents. These programs provide an ideal opportunity for families to share experiences and develop their parenting skills.

One of Tresillian's strengths has been our education programs for health professionals. Tresillian, in partnership with the University of Technology, Sydney (UTS) offers post graduate studies in child and family health.

Another aspect of education at Tresillian is our ongoing research into child and family health issues. For full details on any of the above visit the Education section of the Tresillian website at [www.tresillian.net](http://www.tresillian.net).



## Occasional Care

Tresillian's Occasional Care Centre, is located in Wollstonecraft. This Occasional Care child minding service for children under 14 months is open Wednesday through to Friday from 9.00am to 3.30pm.

For further information call (02) 9432 4000.

## Guthrie Child Care Centre

Tresillian's 40-place Long Day Care Centre, also in the Wollstonecraft Centre, caters for 15 children aged up to two years and 25 children aged up to five years. Guthrie is open Monday to Friday from 7.30am to 5.30pm.

For further information contact the Director on (02) 9432 4040.

*We work with parents to achieve a positive outcome for the whole family*



### **Tresillian Canterbury**

(Head office) McKenzie Street, Belmore, 2192

Ph: (02) 9787 0800 Fax: (02) 9787 0880

Email: [tresillian@sswahs.nsw.gov.au](mailto:tresillian@sswahs.nsw.gov.au)

### **Tresillian Nepean**

1b Barber Avenue, Kingswood, 2747

Ph: (02) 4734 2124 Fax: (02) 4734 2453

Email: [tresillian.nepean@sswahs.health.nsw.gov.au](mailto:tresillian.nepean@sswahs.health.nsw.gov.au)

### **Tresillian Willoughby**

2 Second Avenue, Willoughby 2068

Ph: (02) 8962 8300 Fax: (02) 8962 8301

Email: [tresillian.willoughby@sswahs.nsw.gov.au](mailto:tresillian.willoughby@sswahs.nsw.gov.au)

### **Tresillian Wollstonecraft**

25 Shirley Road, Wollstonecraft 2065

Ph: (02) 9432 4000 Fax: (02) 943 4020

Email: [tresillian.wollstonecraft@sswahs.nsw.gov.au](mailto:tresillian.wollstonecraft@sswahs.nsw.gov.au)

### **Guthrie Child Care Centre**

25 Shirley Road, Wollstonecraft

Ph: (02) 9432 4040 Fax: (02) 9432 4041

Email: [guthrie@sswahs.nsw.gov.au](mailto:guthrie@sswahs.nsw.gov.au)



**Tresillian**

For on the spot parenting advice call the:

### **Tresillian Parent's Help Line**

Ph: 02 9787 0855

In the Sydney Metropolitan Area

Ph: 1 800 637 357

Freecall outside the Sydney Metropolitan Area

**TRESILLIAN  
LIVE ADVICE**  
ON FACEBOOK

For more information on this service visit:

[www.tresillian.net](http://www.tresillian.net)