



# Tresillian®

Local Specialist Child &  
Family Health services



**Tresillian®**

*It's in our nature to nurture*



## Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.



# Helpful support with your baby, when you need it most!



Tresillian's team includes child & family health nurses, specialists in lactation, psychologists, paediatricians, psychiatrists, occupational therapists, social workers and GP's. We aim at increasing confidence in parents with a child aged up to 3 years, needing support with an unsettled baby, feeding, or their own emotional wellbeing. Here are some of the reasons families call on Tresillian for help:



Baby's  
Sleep & Settling



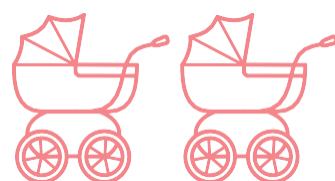
Breastfeeding &  
Bottle-feeding



Your Child's  
Nutrition



Toddler  
Behaviour



Multiple  
Babies



Caring for  
baby



Postnatal Depression  
& Anxiety



Cultural  
Support



# Trusted Guidance from Tresillian Day Services!



1. On the day of your consultation, our friendly Nurses will take you to one of our private consultation rooms, or within our T2U van.
2. The first appointment will usually take around two hours where a nurse will listen and work in partnership with you, to understand your family's needs and develop a plan and strategy and help with advice.
3. Follow up visits are usually shorter. These are held either face to face in the Centre or T2U van, over the phone, by telehealth or a home-visit can be organised (within a set radius of Centre).

[Tresillian 2U Mid North Coast | Mobile Van](#)

[\*\*tresillian.org.au\*\*](https://tresillian.org.au)



# Trusted Guidance from Tresillian Residential Services!



Tresillian Residential helps families needing a more intensive level of support in their parenting journey. Families live in at Tresillian for 4-nights, 5-days with meals and accommodation provided.

Tresillian has Residential Services located in metropolitan Sydney at Wollstonecraft, Canterbury, Nepean, ACT or in Macksville on the Mid North Coast.



[tresillian.org.au](https://tresillian.org.au)

# Trusted Guidance from Tresillian Virtual Residential Parenting Service (VRPS)

The Tresillian Virtual Residential Parenting Service (VRPS) is a free 4-night/5-day, (Monday to Friday) 24-hour online parenting support service. Over the five days that families are enrolled in this service, they can speak with a Tresillian nurse, GP, psychologist and social worker. There will be planned sessions every day and 24-hour support if they need to contact a nurse outside of these sessions. This service is accessed on the family's own device at home and partners and other caregivers are welcome to join the sessions.

## Referral - VRPS

You can make a self referral for this service online

<https://www.tresillian.org.au/services-locations/services/virtual-residential-parenting-service/>

**tresillian.org.au**



## Parent Education Groups!

Parents are encouraged to join one of our Tresillian Parent Education Groups, held either in our Centres, a venue in the community or virtually. Registration is **FREE**. For details visit [tresillian.org.au/courses/for-parents](https://tresillian.org.au/courses/for-parents)

## Cost?

The cost of Tresillian Day Services including Tresillian 2U consultations, is covered by Medicare. Residential Service fees are covered by Medicare and/or Private Health Insurance for parent and child. For partners, a boarding fee applies to cover meals and accommodation.

## Tresillian Day Service Hours

Monday to Friday, 8.00am-4.30pm  
Closed on Public Holidays.

[tresillian.org.au](https://tresillian.org.au)



# Make an Appointment!

For a referral to Tresillian's FREE services for families, either:

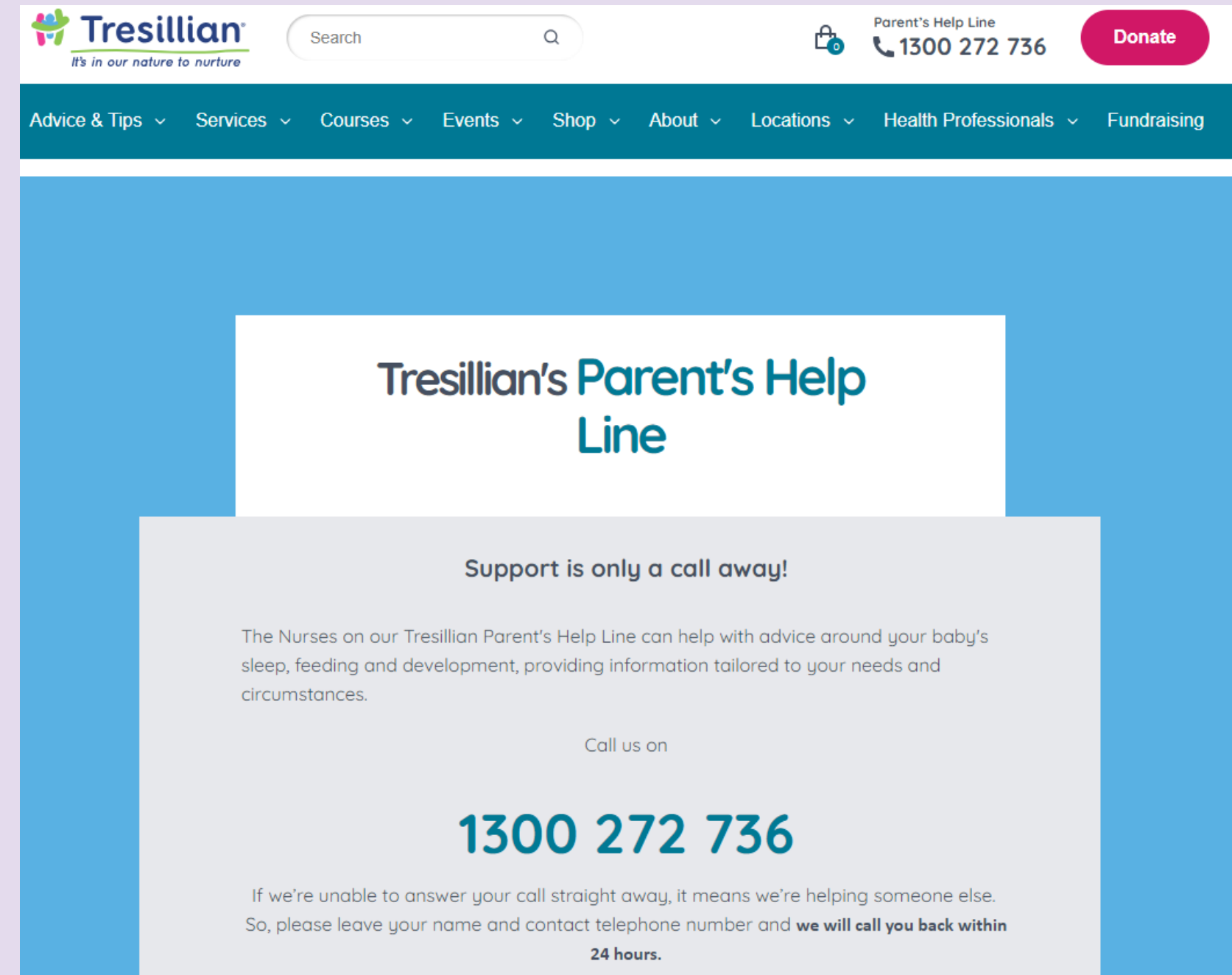
- **Ask your local Health Professional** - Child & Family Health Nurse, GP or early parenting support service to refer you and your child

- **Self Refer** by visiting the Tresillian website. Fill in a short online contact form and one of our nurses/ midwives will call you back.

Visit [tresillian.org.au](https://tresillian.org.au)

- **or for advice on your child** and more information on the best service to meet your needs, call the **Tresillian Parent's Help Line on FREECALL 1300 272 736**.

[tresillian.org.au](https://tresillian.org.au)



# FREE ACCESS TO THE SleepWellBaby App

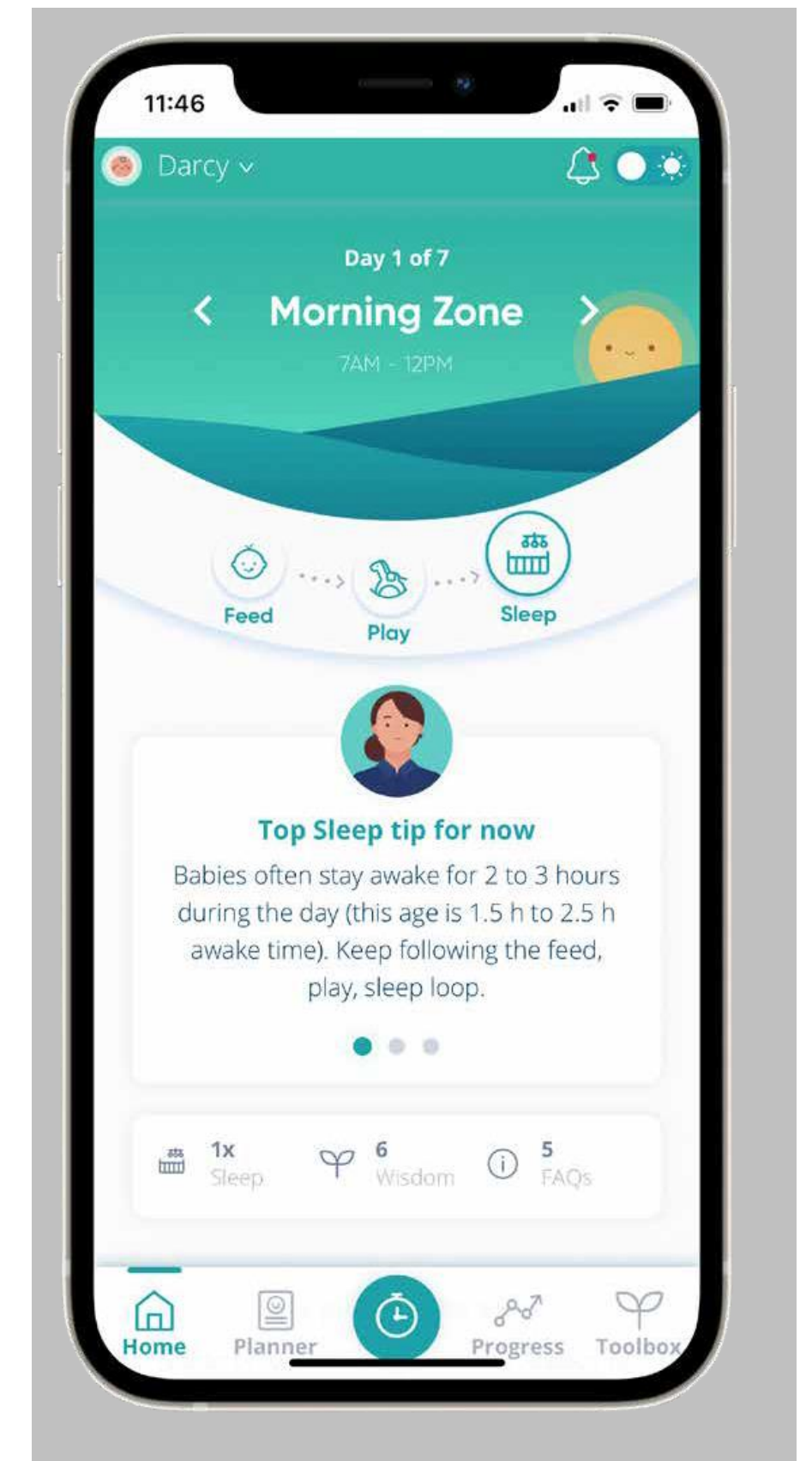
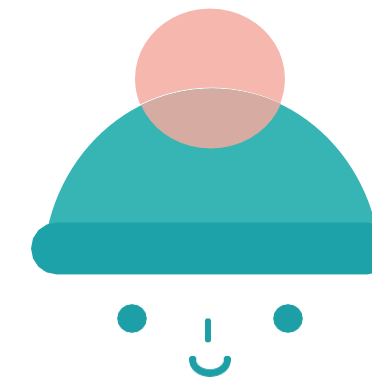
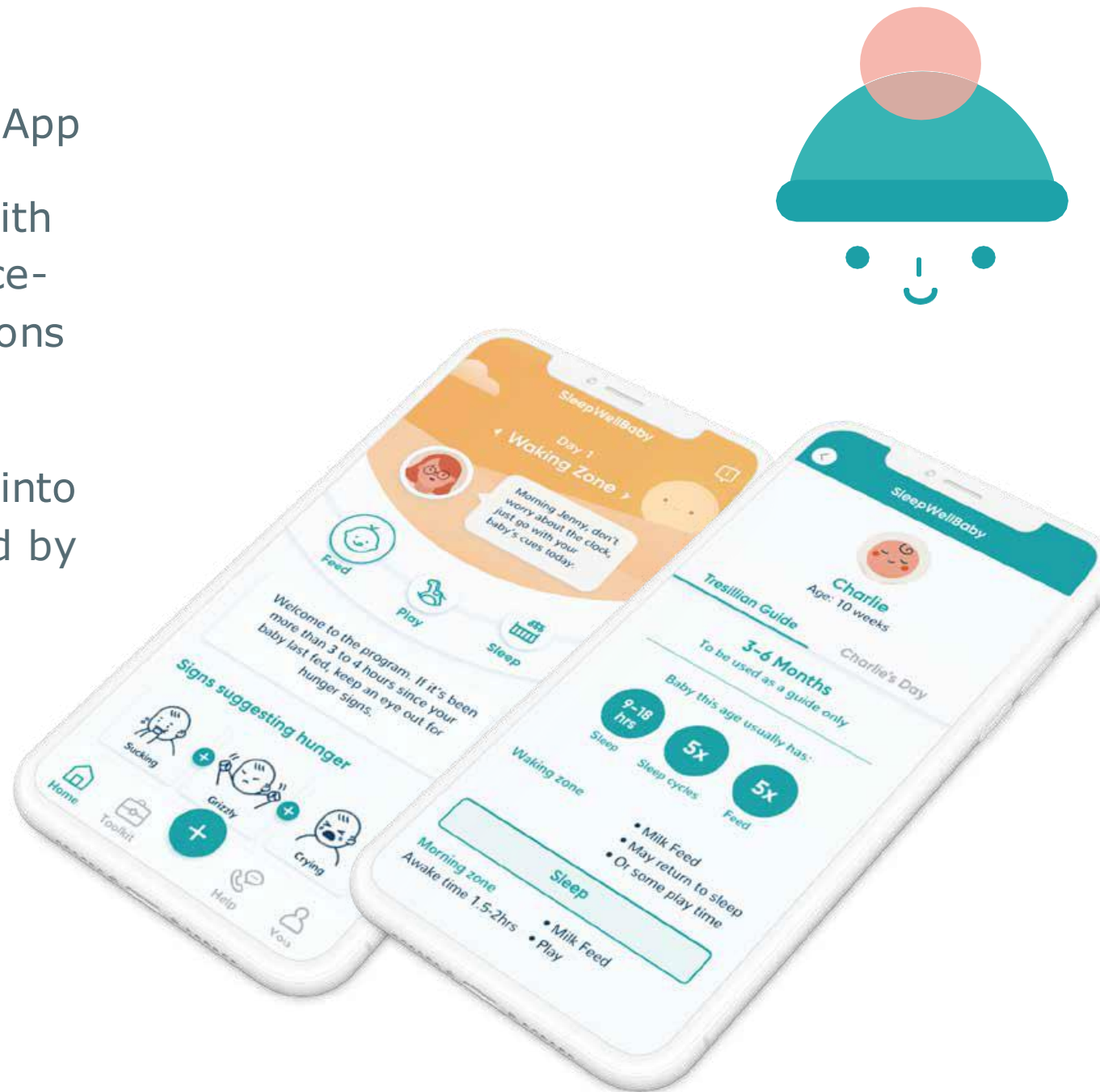
Powered by Tresillian

Tresillian is offering **FREE ACCESS** to the **SleepWellBaby** App

The SleepWellBaby App was developed in consultation with Tresillian and provides instant access to Tresillian evidence-based parenting advice and tools on key parenting questions concerns.

The SleepWellBaby program also provides stepped care into specialist Telehealth services including Telehealth offered by Tresillian and other organisations.

Parents can download the App at [www.tresillian.org.au](http://www.tresillian.org.au), the App Store or via Google Play.



We look forward to welcoming  
you and your family!



Visit us at:

<https://www.tresillian.org.au/>

