



Ellen Barron Family Centre

The Ellen Barron Family Centre is a residential facility which provides specialist support and education to families who are experiencing sleeping, settling and feeding difficulties.

Every year, the centre helps about 1000 families from across Queensland, northern New South Wales and the Northern Territory.

Our multidisciplinary team of child health professionals support and teach parents and carers in the following areas:

- Responsive settling
- Responsive feeding
- Breastfeeding
- Bottle feeding
- Child development and behaviour
- General parenting

Programs

The centre offers a range of parent education programs.

Parent Education Program (four to five days)

This program is designed for parents and carers who are experiencing significant challenges with their infants and young children, including sleep, settling, feeding and general parenting difficulties.

Extended Parent Education Program (nine to 10 days)

This program is designed for parents and carers who are experiencing complex parenting challenges. Its focus is on skill development and enhancing parenting capacity. During their stay, families are encouraged to attend daily education sessions presented by centre staff. Topics include understanding sleep, responding to your child, nutrition, responsive feeding, mindfulness, infant massage, managing stress and Dad's Shed – a private space for new dads.



Accessing the service

A referral from one of the following health professionals is required for admission to the Ellen Barron Family Centre:

- Child health nurses
- General practitioners (GPs)
- Paediatricians
- Allied health professionals, e.g psychologists and social workers
- Other health/community service professionals

Contact the centre to request a referral template. Children can be referred from birth to their third birthday. Catchment area restrictions apply.

Families must seek support from their local GP and other community health services before admission can be considered.

Contact us

Ellen Barron Family Centre

c/o The Prince Charles Hospital

Staib Road, Chermside 4032

t 3139 6500

f 3139 6555

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