Children thrive from positive interactions and nurturing experiences with their parents and carers. These experiences help build the foundation for their developing brain and supports their development to thrive physically, emotionally and socially.

The Child Health Service offers parents and carers a variety of free groups:

- learn about children's development
- share ideas with other parents
- learn how to navigate the times when parenting is like sailing in choppy waters and
- provide a safe harbour to help children thrive.

**New parent/carer groups:**

An opportunity to meet other new parents and carers while learning about a baby's health and development in the first three months.

**Child Health Seminars to help your children thrive:**

Seminars available at key ages 4-6 months and 10-12 months. Topics include nurturing the relationship between babies and parents, healthy development, feeding and nutrition, child safety and well-being.

**Group Triple P:**

Support for parents or carers who have children aged between 2-8 years. Topics include positive parenting, enhancing child development and managing behaviour. These groups are held over eight weeks.

**Postnatal Wellbeing Support Group:**

Do you have a baby under 12 months? This group supports parents who have been feeling overwhelmed and aims to help navigate those choppy waters. It runs over 8 weeks and includes topics such as how to manage anxiety and stress, how to nurture your baby's development, adjusting to having a new baby and ideas on how to look after yourself.

**Circle of Security Group:**

This group is for parents and carers with children aged from birth to five years. This eight-week program focuses on a child's emotional and behavioural needs, building positive relationships with children, helping children manage their feelings and enhance self-esteem.

**Getting started:**

Speak with your Child Health Nurse or health professional about what is available. Groups may be accessed on site or via video.

**Contact us:**

Child Health Service  
T 1300 366 039  