

Child Health Service



Group programs for parents

The Child Health Service offers a variety of free programs and support groups to help parents and carers adjust to parenthood, learn about baby as he/she grows and to share ideas with other parents.

Child health nurses and early intervention clinicians (psychologists or social workers) provide:

- **New parent groups** An opportunity to meet other new parents and carers while learning about infant health and development needs in the first three months. Four sessions are held over four weeks.
- **Child Health and Parenting Seminars** A further two seminars available at key ages (4–6mths and 10–12mths). Topics include parent-infant relationships, development, feeding and nutrition, child safety and wellbeing.
- **Group Triple P** (for parents of children 2–8 years) A structured group providing support for general parenting issues, and common behavioural issues and concerns.
- **Postnatal Wellbeing group** is for parents of children under 12 months who have had difficulties adjusting to parenting or have mild-to-moderate postnatal depression and/or anxiety. Eight two-hour daytime sessions are provided. Referral required.
- **Circle of Security group** focuses on improved attachment and relationship between parent and infant/child and is designed for parents/carers with children from birth to five years. Referral required.

Contact us

For more information about Child Health services in your area or to book an appointment call **1300 366 039**. Telephone line is open 8.30am to 4.30pm, Monday to Friday (excluding public holidays).

Alderley	Keperra
Beenleigh	Logan Central
Bribie Island	Morayfield
Burpengary	Mt Ommaney
Caboolture	North Lakes
Chermside	Nundah
Cleveland	Paddington
Coorparoo	Redcliffe
Fitzgibbon	Springwood
Geebung	Strathpine
Hillcrest	Wynnum
Jimboomba	Yarrabilba

www.childrens.health.qld.gov.au/community-health/child-health-service

For further support

Call 13 HEALTH (13 43 25 84) 24 hours, 7 days and ask to speak to a Child Health Nurse
Parentline 1300 301 300 | www.parentline.com.au
Breastfeeding helpline 1800 686 268

