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.