

Child Health Service Parent Group Programs

Do you have a child under 8?



Halle, 11 years

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.

Seminars to help your children thrive

Seminars available at 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. This is a 4-week group program that includes follow-up telephone check-ins.

Postnatal Wellbeing Support Group

Do you have a baby under 12 months? This group supports parents who have been feeling overwhelmed by helping to navigate the rough 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 enhancing 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.



To find out more about the services available in your local area scan the QR code or search:

 [Child Health Service Qld](#)



Contact us

- t** Child Health Service 1300 366 039
- t** 13 HEALTH (13 432584) 24 hours, 7 days and ask to speak to a Child Health Nurse for child health related telephone advice
- w** www.childrens.health.qld.gov.au/child-health-service

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