



MEDIA RELEASE

Parent Support Service

7 November 2016

Many parents find the early years of a child's life as a challenging time, when they are often overwhelmed by the child's needs and their own or others expectations. Some parents find themselves doing what ever they can at the time to get through the days and nights.

This desperation often leads to parenting ways which are not always ideal. Sometimes these behaviours are difficult to break and this is just one way the Sunraysia Parent Support Service can help.

Sunraysia Community Health Service is proud to be informing the people of Sunraysia of their newest service. Sunraysia Parent Support Service provides an opportunity for parents to develop skills and confidence in caring for their children. It gives parents the ability to deal with a range of parenting issues relating to unsettled babies and children including sleep/settle issues, infant feeding issues and behavioural issues.

The Parent Support Service is a day stay unit where the parent/s and child will be invited to attend at 9:30am and stay until 4:00pm. Two families with similar age children attend on the same day.

Sunraysia Parent Support Service provides a supportive environment which takes the presenting issue and converts it into goals. These goals are then broken down into small achievable steps towards positive change.

Rachel Fuller and Amy Lehmann respectfully work with the parents addressing their individual needs. Prior to attending the service, a phone discussion identifies the particular issues each family would like to address. Clear realistic and achievable goals are then established, allowing families to attend the service knowing exactly their aims for the day. Group discussions and short sessions on helpful parenting tips take place in the shared family room throughout the day.

At the end of the day, parents take home the skills they have developed and use them in the home environment before receiving a follow-up phone call 10 days after their stay. This phone call allows the parent and carer to discuss the changes and further develop strategies towards positive change.

Often families are at breaking point and desperate for some support. Prior to now, families have needed to travel to Melbourne or Adelaide to receive similar care. This service allows families to stay within their community and closer to their family supports whilst they receive care. After many years of hard work from past and present employees of Sunraysia Community Health Service, members of other community health organisations and individuals in the community, this much needed and long awaited service is now operational.



The Parent Support Service is situated within the Sunraysia Community Health Building at 137 Thirteenth Street Mildura. The cost of the service is minimal for low and medium income earners. This fee is determined prior to the scheduled appointment. There is an option of private parent support. This is available at a full rate fee for service. Referral to the service is accepted from the client, the GP , Maternal and Child Health Service and all other health care providers. It is important to state that Sunraysia Parent Support Service is not a crisis response unit. Families must see their GP or attend Mildura Base Hospital in crisis situations. For more details, please head to the website www.schs.com.au.

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