



## **MEDIA RELEASE**

### **Parent Support Service**

2 February 2017

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Sunraysia community health is celebrating three months of supporting local families with the challenges of parenting through the Parent Support Service.

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. Rachel Fuller, Amy Lehmann and Felicity Cummins provide support for parents to develop skills and confidence in caring for their children. The service aims to give parents the confidence to deal with parenting issues for children up to school age including sleep, infant feeding, challenging behaviours and antenatal / pre-parenting support.

The Parent Support Service is a day stay unit where the parent/s and child spend the day in the unit from 9:30am and stay until 3:30pm. Up to two families per day are present in the unit.

If you feel like you are in need of support with parenting you can contact Sunraysia Community Health on (03) 5022 5444 or speak to your local General Practitioner or Maternal Child Health Nurse for a referral.

**END**

Media enquiries to:

Felicity Cummins  
Parent Support Co-Ordinator  
5022 5444

Photo Attached:

Caption: SCHS's Parent Support Service Team.

L-R Amy Lehmann, Rachel Fuller, Felicity Cummins with baby Ada.