

# Parenting Programs

## Residential, Community & In Home Support

**Tweddle is an Early Parenting organisation and public hospital. Programs are about building parenting capacity, confidence and resilience through specialised parenting education in the first 1000 days, a critical period in shaping brain development, mental health, communication and relationships for life.**

Parenting can be tough but help is available. While at Tweddle parents experience one on one support, group education, links to community services and friendship from other parents.

### Programs include:

- Residential 5 day program
- Day Stay — Public and Private
- In Home and telephone support
- MyTime — Peer support for parents of children with special needs
- Childbirth Education

### Programs helps parents with the following:

- To explore the challenges families are experiencing, including relationships, past experiences, health issues, parenting education and understanding a baby's cues.
- To build confidence in communicating with your baby as well as learning new parenting skills and knowledge
- To practise and consolidate parenting skills with the help of staff support and coaching.
- To prepare for your return home and continuing your journey as parents with your baby.

**For more information contact Tweddle on (03) 9689 1577. Referral information is on the Health Professionals tab on the Tweddle website. Early Parenting resources can be found at [www.raisingchildren.net.au](http://www.raisingchildren.net.au)**



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