

Early Parenting Centre

Information for patients and carers



What is an Early Parenting Centre?

The Grampians Early Parenting Centre (EPC) in Ballarat provides specialist support to families in the Grampians region with children 0 – 4 years old. We deliver services that aim to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. These goals often include: sleep and settling, child behaviour, child development, parent/carer/child health and wellbeing.

Who is the Early Parenting Centre for?

- Parents and carer/s with children 0-4 years of age.
- Families who are experiencing more serious and persistent challenges with parenting.
- Parent/s wanting assistance to help build parenting skills, form closer parent-child bonds and provide support with issues that you are experiencing.



What types of issues can the Early Parenting Centre assist with?

- Sleep and settling.
- Feeding difficulties.
- Parent / child relationship.
- Infant and child behavioural issues.
- Parental exhaustion.
- Adjustment to parenthood.

What should you expect?

- After we have received your referral, you will be contacted and given an appointment to have an assessment phone call.
- During the assessment phone call from one of our expert staff you will be recommended the program best suited to you and your family's needs.

- You and your baby, or your family, will attend one of our tailored programs.
- We will assist you to set goals and provide you with the skills to meet them.
- Strengthen your knowledge to enhance the parent child relationship.

What programs does the Early Parenting Centre offer?

- There are several programs offered to tailor for the needs of individual cases.
- Our intensive 4-night home stay program.
- 6-hour day stay program.
- One on one appointments.
- Video appointments.
- Group sessions.



What are the facilities?

- Residential family suites.
- Day-stay rooms.
- Shared kitchen and dining areas.
- Multi-purpose rooms.
- Indoor and outdoor play areas.
- Administration and staff areas.

How do I get an appointment?

- Locate the Early Parenting Centre website [Community Services - Ballarat Health Service \(bhs.org.au\)](https://www.bhs.org.au) EPC. or Telephone 5320 3003
- Complete the referral document to the service.
- After we have received your referral, you will be contacted within 2-3 business days and given an appointment to have an assessment phone call.
- Alternatively, speak with your child health nurse, or GP for assistance with a referral to the Early Parenting Centre.



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