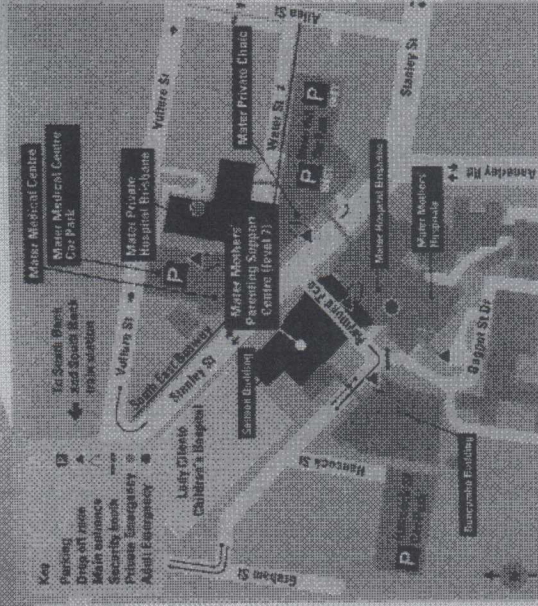
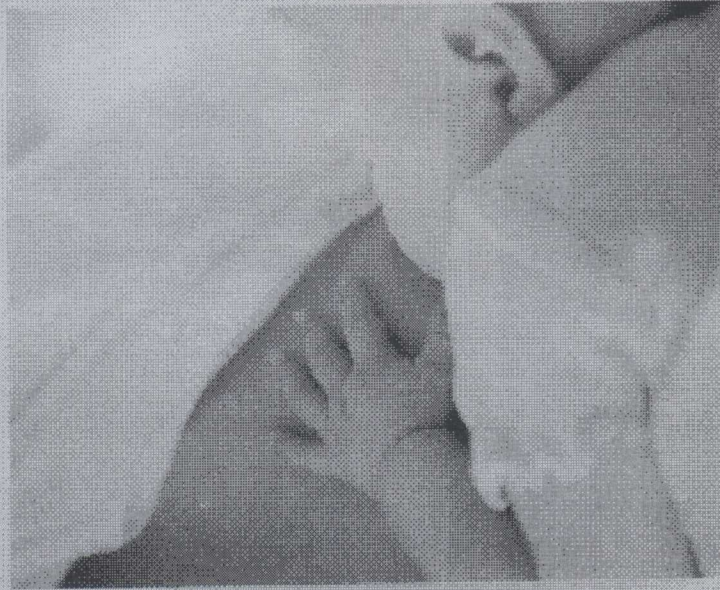


## Services offered

A variety of individual and group services are offered by this unique service via telehealth or face to face consultations:

- holistic assessment of mother and baby by one of our highly trained doctors
- individual lactation consultations
- individual sleeping & settling consultations
- parenting advice and support
- physiotherapy and baby massage
- psychological support
- educational workshops
- relaxation and stress management sessions
- Circle of Security



## Mater Mothers' Parenting Support Centre

The caring continues with early parenting support and guidance for parents and new babies up to six months of age



### Mater Mothers' Parenting Support Centre

Level 7, Salmon Building  
Raymond Terrace, South Brisbane Qld 4101

Phone: 07 3163 2229

[matermothers.org.au/parenting-support-centre](http://matermothers.org.au/parenting-support-centre)

### Support after hours

If you are concerned about your health, or that of your baby please call:

- 000 for an emergency
- 13 HEALTH (13 43 25 84)—For breastfeeding and child health support please ask for the child health nurse.
- 1800 686 268—The Australian Breastfeeding Association (ABA).

Mater acknowledges consumer consultation in the development of this patient information.

PI-CLIN-430182 • Last edited 13/09/2016

Last stakeholder and consumer review 13/09/2016

© 2016 Mater Misericordiae Ltd.  
ACN 096 708 922

mercy. dignity. care. commitment. quality

## The caring continues

The Mater Mothers' Parenting Support Centre offers parents of newborn and young babies a variety of options to address early parenting concerns.

You will have access to:

- specialist doctors who will assess the unique needs of mother and baby and develop an individual care plan specific to your needs
- lactation consultants to provide breastfeeding support
- midwifery and child health nurses for feeding, sleep and settling advice
- psychology for emotional wellbeing
- as well as specialist allied health support in a variety of areas including:

- physiotherapists
- psychologists
- social workers
- speech therapists
- occupational therapists
- dietitians.

## Who can attend

Families and individuals with babies aged from birth to six months can access the centre. Families from across Brisbane are welcome to self-refer to the service.

## Appointments offered

Our team may offer you a variety of options including:

- one on one appointments
- half day stay options
- online consultation options (similar concept to Skype).

## Experienced and expert healthcare professionals

The centre has exceptional and specialised professionals who are passionate about the care of babies, mothers and families. They include:

- medical officers
- child health nurses
- lactation consultants.

## Cost

This is a free service for all families who have Medicare.

## Opening hours

The centre is open from 8 am to 4.00 pm, Monday to Friday by appointment only.

## Contact us

For more information or to make a booking, please contact the centre on **07 3163 2229** or visit **matermothers.org.au/parenting-support-centre**

The centre is located on level 7 of the Salmon Building (previously the Mater Children's Hospital building). See map over page.

