

## The wrap that gives back

Sleep and settling is the number one topic we are asked about at Karitane. Often it can be the reflexes of newborn babies that startle them to wake. As a helpful technique to calm your baby and improve sleep we recommend wrapping your baby until they are 3 to 4 months old.



Karitane partner with Australian owned L'il Fraser who offer high quality 100% cotton jersey wraps for your baby. Light and breathable these 120cm x 120cm wraps are warm in winter, cool in summer, allow for a natural sleep position and can be used as a feeding shawl, light cot blanket, security blanket or play rug.

100% of profits from every L'il Fraser baby wrap purchased through Karitane goes back to Karitane supporting more families with life changing services.

Buy a wrap from the Karitane Early Parenting Store Westfield Bondi Junction or [www.karitane.com.au/supportkaritane](http://www.karitane.com.au/supportkaritane)

L'il Fraser Collection  
SYDNEY

## Booking

Three convenient ways to book a consultation or a parenting workshop:

1. Online through our website [www.karitane.com.au/earlyparentingstore](http://www.karitane.com.au/earlyparentingstore)
2. Drop into our store, meet our friendly team and book your appointment
3. Call us on (02) 91012488

## Payment Methods

Fees are payable at the point of booking. We accept Visa/MasterCard and Eftpos.

**Cancellation Policy:** Please provide us with 24 hours notice to avoid a cancellation fee.

## Disclosure

Life is about to get easier as all our consultations and workshops are run by expert Child and Family Health Nurses using evidence based strategies.

## Opening Hours

Monday, Tuesday, Wednesday, Friday, Saturday  
9.30am - 6pm  
Thursday 9.30am - 9pm  
Sunday 10am - 6pm

**Karitane**<sup>®</sup>  
Leaders in parenting services since 1923  
**Early Parenting Store**

Westfield, 500 Oxford Street, Bondi Junction 2022  
Level 5, next to Target

Careline: 1300 CARING  
[www.karitane.com.au](http://www.karitane.com.au) [in](https://www.linkedin.com/company/karitane) [f](https://www.facebook.com/karitaneNSW) /karitaneNSW



with you  
**every step**  
of the way

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**Parenting can be the hardest job you will ever do.  
We want you to know that you're not alone!**

Drop in for a quick chat with one of our experienced Child and Family Health Nurses, attend one of our popular parenting workshops or book in for a consultation for an individualised parenting plan specifically developed for your family.

### Consultation Package



For best results we recommend the consultation package. This is a great opportunity to explore the unique needs of your family, set your goals and provide you with a holistic parenting plan filled with strategies to support your family.

**This includes an initial 60 minute consultation and a 30 minute follow up to answer your questions on this journey.**

**\$120 for 90 minutes**

### Initial Consultation

This is your first visit with an expert Karitane Child and Family Health Nurse to understand your baby's daily routine, nutrition, sleeping and development and receive an individualised parenting plan filled with strategies to support your family.

**\$89 for 60 minutes**

### Follow Up

After taking home and working with the strategies in your parenting plan, come back and let's talk about what's working and answer any questions you may have or discuss new challenges you are facing.

**\$49 for 30 minutes**

## FREE Parenting Workshops

**Monday, Wednesday, Thursday, Friday, Sunday**

**Morning: 10:30 - 11:00am**

**Tuesday and Saturday**

**Afternoon: 2:00 - 2:30pm**

### 30 minutes includes Q&A

Choose a topic important to you and join other parents, as our expert Child and Family Health Nurse provides tips and strategies to overcome parenting challenges.

### Sleep and Settling 0-12mths and 12 mths +

Want more sleep? Here you will learn your baby's/toddlers sleep cues, needs and most importantly strategies to settle your child to sleep.

### Breastfeeding your baby 0-6mths

Breastfeeding is a special and unique experience for families, as no two mothers or babies are the same, join our workshop to get tips to overcome common challenges.

### Bottle feeding your baby

While we acknowledge breastfeeding is best, we support and respect a parent's decision to bottle-feed. Join our workshop to discuss the practicalities of bottle feeding.

### Starting Solids

Starting solids is an exciting milestone in your baby's development. With all the advice and information knowing where to start can be confusing. Learn how, why and when from the experts.

**Karitane is a not for profit  
organisation and registered charity  
committed to supporting families**

### Managing fussy eating with your toddler

Toddlers are full of energy and determination which can make meal times challenging. This workshop will share handy tips for making the most of meal times with your toddler.

### Toilet Training

Confused on when and how to start? Toilet training is a major milestone for your toddler. Gather some information how to start this exciting time and manage some of the challenges.

### The Wonder of Toddlers

Your toddler is not just discovering the world around them, they are also discovering their emotions. This workshop will help you understand your toddler's emotional world and how to support them.

### Play and Brain Development

Play is an essential part of your baby's day. Find out ways to nurture your baby's brain development through play.

### Infant Massage

Baby massage is great for both you and your baby. This workshop is an introduction to baby massage and how you can incorporate it into your daily routine.

### Adjusting to Parenting & Self-Care

Becoming a parent is such an exciting time in your life, but as with anything it comes with its share of stresses and challenges. This workshop explores the transition into parenthood.

### Being a Dad

This workshop will discuss the positive impact dads have on their children's development.

### Returning to work

Balancing family and career can be extremely rewarding but also challenging. This workshop explores practical tips to prepare your return to work.