

Early Parenting Store



with you
every step
of the way

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.

FREE Consultations

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.

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.

30 minutes



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

FREE Parenting Workshops

Monday to Saturday

10:00 - 10:30am

Sunday

10:30 - 11:00am

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.

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.

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 or www.karitane.com.au/supportkaritane

L'il Fraser Collection

SYDNEY

Contact Details

Westfield, 500 Oxford Street, Bondi Junction 2022
Level 5, next to Target
Phone: (02) 9101 2488

Booking

Three convenient ways to book a consultation or parenting workshop:

1. Online through our website
www.karitane.com.au/bondi-store
2. Drop into our store, meet our friendly team and book your appointment
3. Call us on (02) 9101 2488

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

Our Vision

Leaders in early parenting services that empower families and children to be confident, safe & resilient.



Careline: 1300 CARING (1300 227 464)

For regular updates and parenting tips visit
www.karitane.com.au

