

Services



with you
every step
of the way

Karitane provides support and education on the unique challenges of parenting to mums, dads and carers with children from birth to five years of age.

Our services are evidence based and delivered by a team of child and family health nurses, paediatricians, social workers, psychologists and psychiatrists around the topics of:

- Sleep & Settling
- Establishing Routines
- Feeding & Nutrition
- Toddler Behaviour
- Pre and Post Natal Anxiety and Depression

Referrals

These can be made by child & family health nurses, GPs or health /community professionals online at:
www.karitane.com.au/referral

Have a parenting question?

Call the Karitane Careline and speak to a friendly and experienced child and family health nurse:

1300 CARING (1300 227 464)

For parenting information, tips and strategies visit
www.karitane.com.au



Our Services

In-Centre Care

Early Parenting Store

Attend one of our daily parenting workshops or book a consultation for a parenting plan for your family. Open 7 days with extended hours.

Child Age: Birth - 5 years

Location: Westfield Bondi Junction

No referral necessary, parents can self-refer

Book online: www.karitane.com.au/bondi-store or

Ph: (02) 9101 2488

Parenting Centres

Consultations and groups for common parenting concerns.

Child Age: Birth - 5 years

Locations: Carramar, Oran Park, Randwick

Residential Services

Three and four night inpatient service for families experiencing parenting challenges. We offer a holistic approach and have facilities to accommodate families with two or more children.

Child Age: Birth - 5 years

Locations: Camden, Carramar

Mental Health Services

Supporting parents who may be diagnosed with or at risk of developing a mood disorder or anxiety associated with pregnancy or birth. Individual and family supportive therapy, psychiatric services and groups with a focus on supporting the parent infant relationship.

Child Age: Antenatal - 1 year

Locations: Camden, Carramar

Toddler Clinic - Parent Child Interaction Therapy

Our team work with families with children displaying behaviour problems. We use Parent Child Interaction Therapy (PCIT) a play based therapy to increase positive behaviours and reduce negative behaviours by strengthening the parent child relationship.

Child Age: 15 months - 4 years

Locations: Camden, Carramar



Digital Health Services

Virtual Home Visits

Two hour consultations with a child and family health nurse using a video link to families across NSW. Providing you with education and support from the comfort of your home.
Child Age: Birth - 5 years

Internet – Parent Child Interaction Therapy

Using a video link PCIT therapists from Karitane Toddler Clinic deliver PCIT to families across NSW.
Child Age: 15 months - 4 years

Community Programs

We provide a range of parenting groups and services including home visits, supported playgroups, and programs for young parents, Aboriginal and multicultural families.
Child Age: Birth - 8 years
Locations: Bankstown, Fairfield, Liverpool, Macarthur
No referral necessary for supported playgroups
Book now: Ph: (02) 9754 2655
All other services require a referral

What Parents Say

“There is no magic wand but there is Karitane!”

“The entire experience was individualised, professional, caring and supportive. It has given us the skills and confidence to really enjoy being parents.”

“Thank you for finally helping me and my baby get some much needed sleep. The amazing nurses at Karitane are miracle workers, they truly change lives!”

Education Services

Parenting Workshops and Programs

We offer workshops on a range of parenting topics and programs including Circle of Security and Tuning Into Kids. We can provide presentations at your playgroup or child care centre. For upcoming workshops and programs visit:
www.karitane.com.au/parent-workshops
Ph: (02) 9794 2348

Training and Development for Professionals

We provide education to professionals including nurses, psychologists, nannies and childcare workers across Australia. Our leadership in education includes the delivery of Parent Child Interaction Therapy Training (PCIT), Family Partnership Training and specialised workshops.
www.karitane.com.au/training-professionals
Ph: (02) 9794 2348

Business Support Packages

We work with organisations providing practical parenting support and education as part of employee well-being programs. We offer flexible formats including webinars and lunch'n learns.
www.karitane.com.au/business-support
Ph: (02) 9794 2346

Contact Details

For all enquiries

138-150 The Horsley Drive, Carramar NSW 2163
Ph: (02) 9794 2300
www.karitane.com.au



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

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

