

# PARENT COACHING

FREE parent coaching  
for families in the 2168 area



## *Parenting can be stressful!*

Karitane is offering a new individualised parent coaching service to help parents strengthen their relationship with their child and creating a more secure, loving and supportive environment.

### *Your Parent Coach can help with:*

- Child Development e.g. language, movement, cognition and social skills
- Nutrition, sleep and settling and behaviour
- Better communication and interactions with your child
- Awareness and access to community supports

#### **PROGRAM DETAILS:**

**Who:** Parents with children 18 months to 7 years

**When:** Tuesdays and Wednesdays

**Where:** Flexible locations in the 2168 area - please call for more details

#### **CONTACT DETAILS:**



Karen Burr  
Nurse Educator  
Mobile: 0459 730 593



[www.karitane.com.au](http://www.karitane.com.au)

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

**KARITANE**® **100 YEARS**

**MISSION AUSTRALIA** | together we stand

This program is funded by the Australian Government