

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

with you
every step
of the way

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

MISSION
AUSTRALIA | together
we stand

This program is funded by the Australian Government