



**100**  
YEARS

**KARITANE®**  
Partnerships made for parents

# ACKNOWLEDGEMENT OF COUNTRY

Karitane acknowledges the Traditional and Continuing Owners of the land and waters of Australia and pays its respects to Elders, past and present.

We pay tribute to the wisdom, richness, diversity and resilience of First Nations peoples and cultures.



[View our RAP](#)





# MESSAGE FROM THE BOARD & CEO

It is an extraordinary and absolute privilege to be leading Karitane at this point in its history, this year we are thrilled to be celebrating our Centenary. We have one hundred years of delivering high-quality, evidence-based services that have supported thousands of Australian families, mums, dads, grandparents, carers, babies and young children during the crucial first 2,000 days.

We celebrate and acknowledge our foundations and the endurance of great leaders at Karitane who have helped build and sustain the services we provide today and envision the services of the future. We have seen enormous changes, modernisation, innovation, and growth during that time. Who would have believed in 1923 that Sydney’s child and family health nurses could effectively support families across Australia through services like Facebook Live webinars or using e-chatbot navigators or breastfeeding apps? The era of digital transformation and Artificial Intelligence (AI) to support families from all corners of Australia is exciting and complements our place-based initiatives through hybrid models of care.

Over the decades, Karitane has partnered with research and academic institutions to inform our clinical service delivery and contribute to wider knowledge and scholarship. Our research has ensured families receive the best interventions, advice and support available.

We are proud to be part of an organisation that changes the lives of so many families. Our Board of Directors, CEO and Executive team, together with our team’s innovative thinking, exceptional clinical knowledge and skills, and rich wisdom from key stakeholders, have reimaged an inspiring Karitane, which continues to evolve and grow. We are building contemporary, modern services for the future, listening and responding to the needs of parents from all communities whilst respecting and appreciating our history. As longstanding leaders in child and family health services and perinatal infant and child mental health, we live true to our values of Collaboration, Excellence, Respect and Innovation, which shape our culture and identity and remain at the heart of all our work.



**Grainne O’Loughlin**  
CEO

# EXECUTIVE TEAM



**Angela Wood**  
Director Clinical Services



**Dinethra Nandakoban**  
Director Governance & Corporate Services



**Dushi Goonesekera**  
Chief Financial Officer



**Sharlene Vlahos**  
Director Education & Business Development

# BOARD MEMBERS



**Lee Carpenter**  
Chair  
CPA, MBA, GAICD



**Elyse Jeffress**  
Vice Chair, Chair: Audit, Risk & Governance Committee  
LLB (Hons), GradCertHPol



**Charmion Ingram**  
Treasurer, Chair: Finance Committee  
BFA, MBC, DFP, GAICD



**Paul Herbert**  
Director  
PHD Reproductive Biology, MSc Circadian Rhythms



**Lesley Jordan**  
Director, Chair of the Clinical Governance Committee  
Dip App Sc (Nursing), CM, Grad Cert Women’s Health, MHM (with Distinction), GAICD



**Marion Skulley**  
Chair: Innovation & Business Development Committee  
MBA IMD Lausanne, GAICD, Dip Psych



**Garth Ross**  
Director  
BBus



**Kathy Jones**  
Director  
BADipEd, MAICD



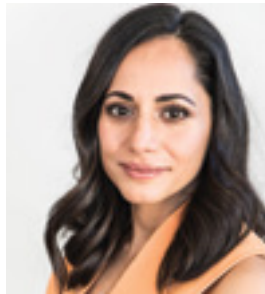
**Nicholas Nogarotto**  
Director  
BA Economics (BEC)



**Sarah Barter**  
Director  
BA Psych, LLB, MPH



**Professor Valsa Eapen**  
Director  
MBBS, DPM, MRCPsych, Dip Family Therapy, PhD, FRCPsych, FRANZCP



**Hediye Vahdat**  
Director  
BBiomedSc(Hons), MPharm, MHSM, DipPM, GAICD

# WITH THANKS

We deeply appreciate major donors, foundations and supporters who have provided very special financial assistance that enables us to deliver more services, education and research, without whom we could not deliver our high-quality excellence in care for Australian Families in the First 2000 Days.

We are most grateful for our State and Commonwealth Government Partners, NGO Partners, Community Clubs and Donors who contribute significantly each year to our revenue. On behalf of Karitane and the Board, we thank our Funders, Donors, Corporate Partners and Volunteers for their continued generosity.





## OUR PATRON

### THE HONOURABLE JILLIAN SKINNER WAS APPOINTED PATRON FOR KARITANE IN 2022.

Ms Jillian Skinner was notably the Deputy Leader of the NSW Parliamentary Liberal Party, Minister for Health and Minister for Medical Research. She retired from NSW politics in 2017 after 20 years, famously having held more experience in the health field than any other politician in Australia.

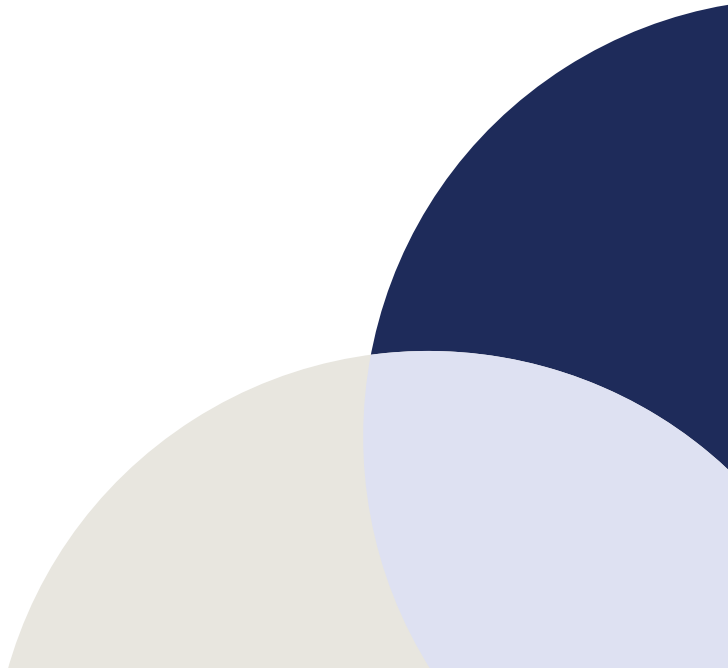
Ms Skinner began her career as a journalist, and in addition to her honourable political career, she has run her own business, worked in the public sector and served on many community and advisory boards, including the NSW Women's Advisory Council and the NSW Youth Advisory Council.

Ms Skinner has continued to make instrumental contributions to health-related matters. Her experience drawn not only from her decorated political career where she championed work in integrated care services, but also her experience as a mother. Her passion and support for areas of health and research makes Ms Skinner the ideal Patron for Karitane.



*"I am proud to join Karitane as Patron. I have long held Karitane in high regard and know well the tremendous benefit the organisation has brought to so many families, the innovative expansion of its evidence-based services through the use of digital platforms, expanded partnerships and focus on new models of care - with particular attention to Perinatal Infant Mental Health Services. Karitane genuinely transforms the lives of so many Australian families and I look forward to supporting the great work that they do."*

The Honourable Jillian Skinner, Karitane Patron.





# INTRODUCTION

Over 100 years, Karitane has evolved from humble beginnings when Sir Truby King and his wife cared for 13 malnourished babies in a small house in the beach town of Karitane, New Zealand, to the founding of the Australian Mothercraft Society in 1923. Karitane early parenting services now supports families with children from birth to five years, focusing on sleep and settling, feeding, routines, toddler behaviour and adjusting to parenting, as well as perinatal, infant and child mental health. Throughout this growth, our vision has remained the same – to ensure every child has the best start in life.

## 100 YEARS PARENTING THROUGH GENERATIONS

Generations of parents have trusted us to work alongside them, listen to their needs, guide them to their goals and advocate on their behalf for greater support.

## 100 YEARS OF PARTNERING WITH PARENTS WHERE AND WHEN THEY NEED US

Our history of innovation ensures every child can receive the best start in life. We provide leading specialist early parenting services while driving accessible support for parents. Our commitment to families when and where they need us has seen our range and reach of services significantly grow. Our services now include place-based integrated child and family hubs, virtual support, hybrid models of care and an extensive suite of evidence-based programs to support some of Australia’s most vulnerable communities.

## 100 YEARS OF PIONEERING IN EDUCATION AND TRAINING

At an industry level, we remain focused on building workforce capacity in a scarcely resourced environment, made worse by the pandemic. By forging partnerships with Australian universities and other academic colleagues, Karitane has created new graduate programs and student placements. We continue to lead education and training for the child and family and perinatal infant and child mental health workforces.

## 100 YEARS OF INDUSTRY-LEADING RESEARCH

Over the decades, Karitane has partnered with research and academic institutions to inform our clinical service delivery, as well as contribute to wider knowledge and scholarship. For 100 years, this research has ensured families receive the best interventions, advice and support available.

## 100 YEARS SUPPORTING THE COMMUNITY

We have provided a century of equitable support for parents and carers from all backgrounds and cultures. We are a safe and trusted partner for First Nations and culturally diverse families, as well as our LGBTQI+ community and those living in remote and regional areas. We treat everyone equally and value all contributions.

## 100 YEARS OF SHARED KNOWLEDGE

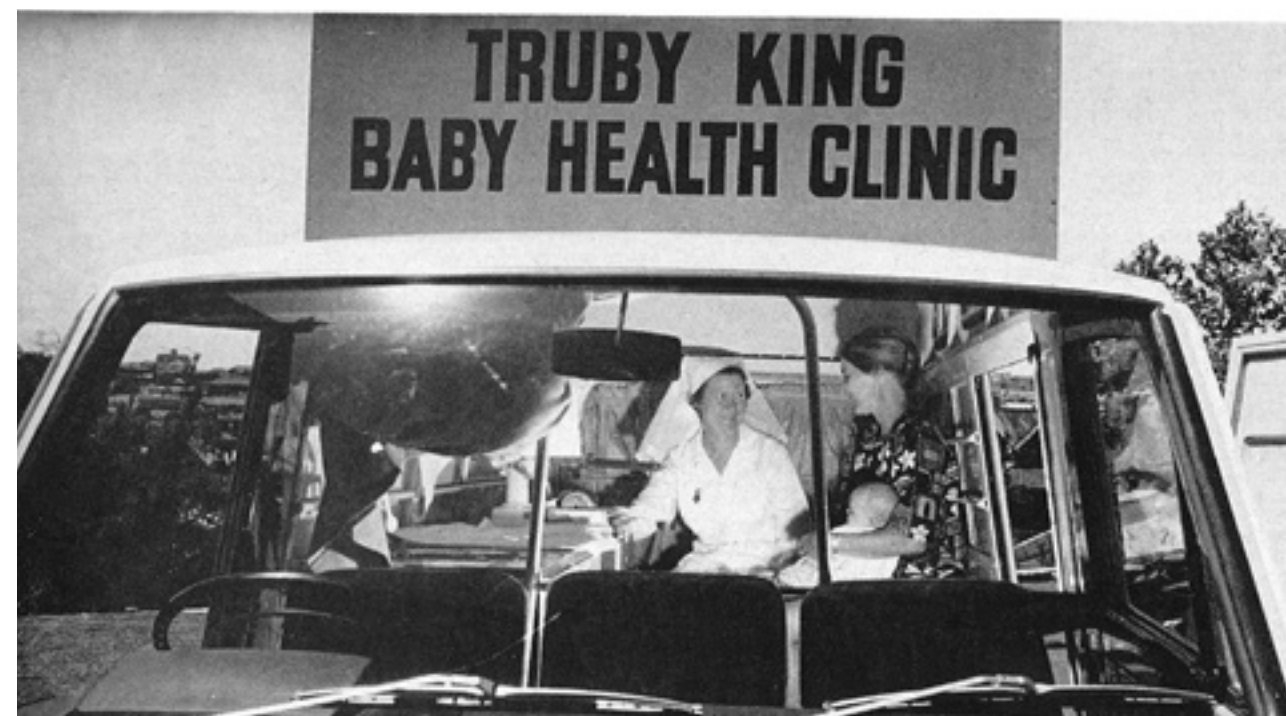
Reaching our Centenary could not have been possible without our professional, committed and talented team, our partners and collaborators. It is through our shared passion, relentless drive and commitment to improving outcomes for families and children that we achieve a collective impact and ensure every child has the best start in life.



Group of Karitane nurses holding babies and toddlers, Karitane Hospital, Whanganui. Supplied by Alexander Turnbull Library, Wellington, New Zealand.



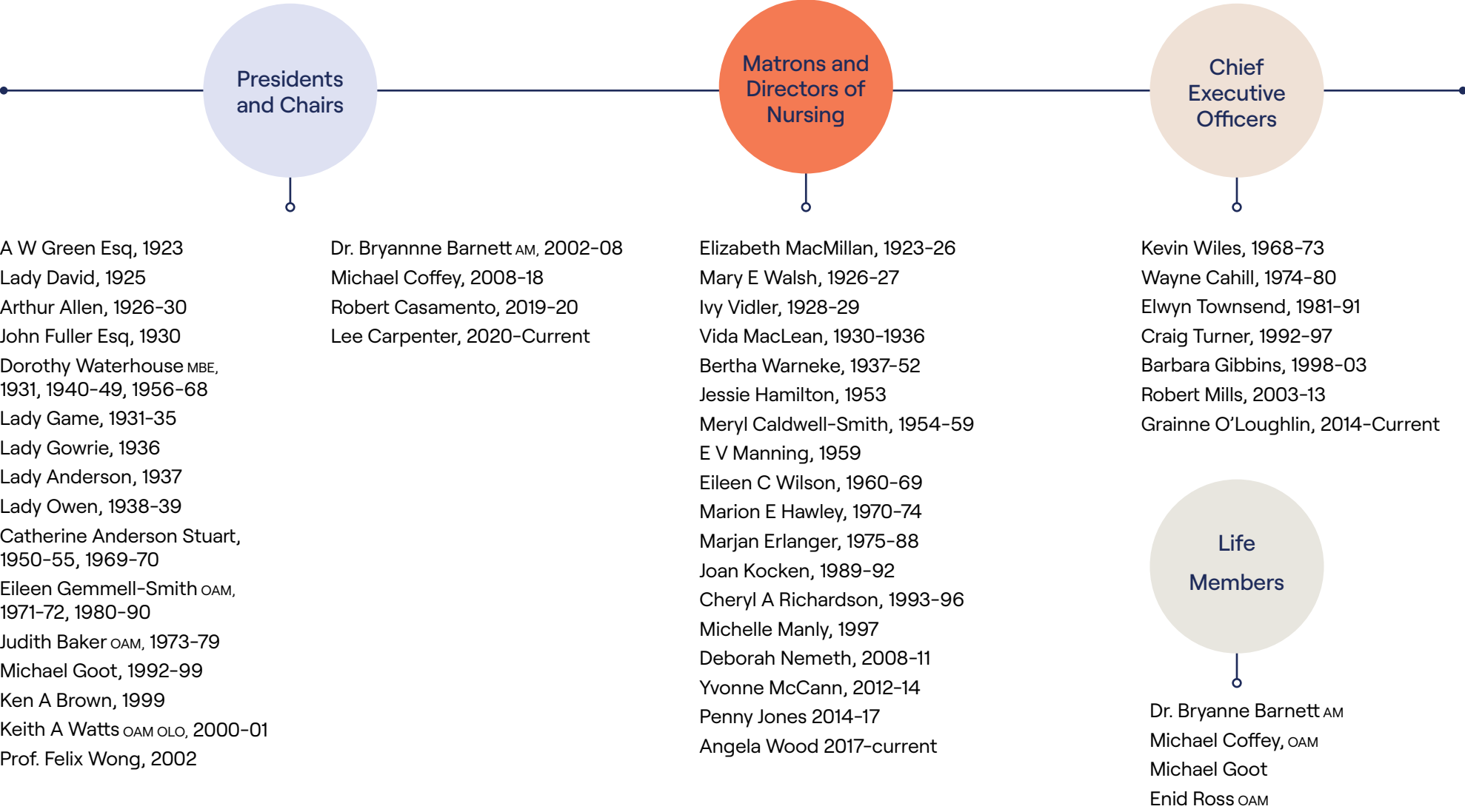
100  
YEARS







# KARITANE PRESIDENTS, MATRONS, DIRECTORS OF NURSING AND CEOS THROUGH HISTORY





# KARITANE LOGOS THROUGH HISTORY

THEN



NOW





# 100 YEARS

## 1923



### 1923

Sir Truby King founds the Australian Mothercraft Society. First baby clinic opened in Coogee in 1924.



### 1927

The society had the support of influential business people in Sydney. John Fuller, who owned the St James Theatre, encouraged the society to purchase the house at 23 Nelson Street, Woollahra.

### 1994

Residential hospital moves to Carramar.



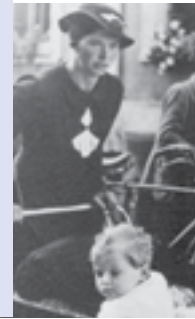
### 1996

Name change to Karitane. Perinatal mental health services opened. The opening of Jade House and Toddler Clinic launching the first Parent Child Interaction Therapy (PCIT) clinic in Australia.



### 2000

Volunteer home visiting program starts in Fairfield, Liverpool and Bankstown.



### 2013

Major refurbishments at the Residential Unit at Carramar to provide family rooms for parents with more than one child.



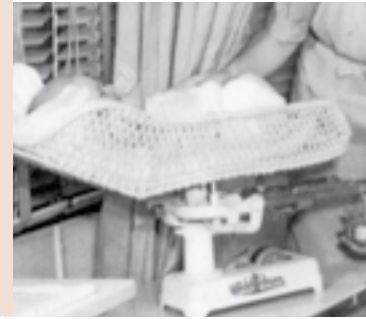
### 2014

Launch of Karitane website for parents and professionals. The Hon. Jillian Skinner, MP opens Karitane Gardens Camden, a new outdoor play area for toddlers.



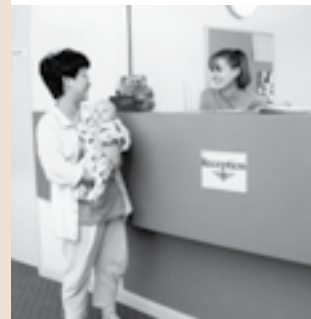
### 2017

Karitane appoints an Aboriginal Liaison Officer.



### 2021

Launch of Connecting the Dots, a national early childhood nutrition program.



### 2022

Official opening of Wolli Creek, Shellharbour and Shortland integrated child and family hubs. Launch of ForWhen, a national perinatal and infant mental healthcare navigation service for new and expectant parents.



Karitane celebrates our Centenary year with a Gala Dinner, community events and Research and Education Showcase.

## 2023



### 1966

Australian Mothercraft Society receives government funding for the first time.



### 1970

Name change to Karitane Mothercraft Society.



### 2002

Establishment of Lil Possums, a First Nations supported playgroup.



### 2011

Karitane Residential Unit opens at Camden Hospital.



### 2012

Minister for Health and Minister of Medical Research, the Hon. Jillian Skinner, MP, opens Camden Toddler Clinic.



### 2018

Integrated child and family hubs open at Westfield Bondi Junction and Oran Park Podium.



### 2019

Minister for Health and Medical Research, The Hon. Brad Hazzard, MP, opens the digital health hub with two new virtual care services: virtual home visits and internet Parent-Child Interaction Therapy.



### 2020

Digital transformation in response to the COVID-19 pandemic creates capability for new models of care, including virtual residential service, virtual breastfeeding clinic and further expansion of integrated child and family hubs in regional NSW.



Karitane opens Campbelltown Village Connect Hub, supporting parents 25 years and younger in South West Sydney and launches our Reconciliation Action Plan.



Karitane opens its purpose built Campbelltown Early Parenting Services facility. Carramar Residential unit celebrated 30 years.



Officially launched the National Child and Family Hubs Network at Karitane Carramar





# 1920s

The Australian Mothercraft Society (Plunket System) was established in May 1923 by grateful parents and friends who had witnessed the positive effects of the Sir Truby King System's teachings on their babies. In 1923, a Mothercraft Training Centre was set up to admit mothers and babies and provide nurses training. Matron Elizabeth McMillan became the founding Director and opened a clinic on Elizabeth Street, Sydney. She was in charge of the Karitane Mothercraft Home at 72 Howard Street, Coogee, when it opened in 1924. The home provided residential accommodation for mothers and babies and trained two categories of nurses.

During this time, no government funding was available for Karitane's services. To overcome this challenge, the Society Women of Sydney organised and raised much-needed funds through various charity events, including- balls, fetes, dances, card parties, concerts, and society gatherings. Their dedication and efforts ensured the continuity of the society's work and its ability to support mothers and babies in need of care.

(LEFT TO RIGHT):

1. Mother and baby
2. Mothers and babies Howard Street





# 1930s

During the 1930s, our work reached families worldwide as demand for our services increased. We managed a large number of nationwide and overseas correspondence in addition to serving mothers who visited our nurse rooms. Letters seeking advice and placing orders for Karitane products, including Karitane books, baby patterns, enamel measures, and bottles, arrived from various locations in Australia, as well as from China and India.

To keep up with the growing demand, we extended our district visiting services. Sister Reid, a dedicated worker, often worked extra hours during her off-duty time, including weekends and holidays, to ensure that her patients received the required care and attention. She regularly visited mothers and sick or premature babies in their homes every morning. Throughout the year, Sister Reid made a total of 573 home visits.

Under the leadership of appointed Matron Vida McLean, services expanded with community clinics opening in Mosman, Gordon, Bondi, and Newcastle, as well as at the Farmers Department Store on Market Street in the city. A traveling clinic was instituted to visit chemists, and community committees worked to support these clinics. McLean initiated the Plunket Nurses Association and implemented nursing procedures at the Home that remained in operation for the next two decades.

During this period, we also collaborated with other organisations, such as the Orient Shipping Line, to collect donations for charitable purposes. The Elizabeth Street clinic served as our main office, where a correspondence service was operated for mothers from various parts of the country and beyond. New parents could order various imported products, including Plunket baby patterns, Truby King's books, and Karitane Products Society infant food supplements.

(LEFT TO RIGHT):

1. Sunning babies in the garden
2. Weigh Time
3. Nurses and babies 1937





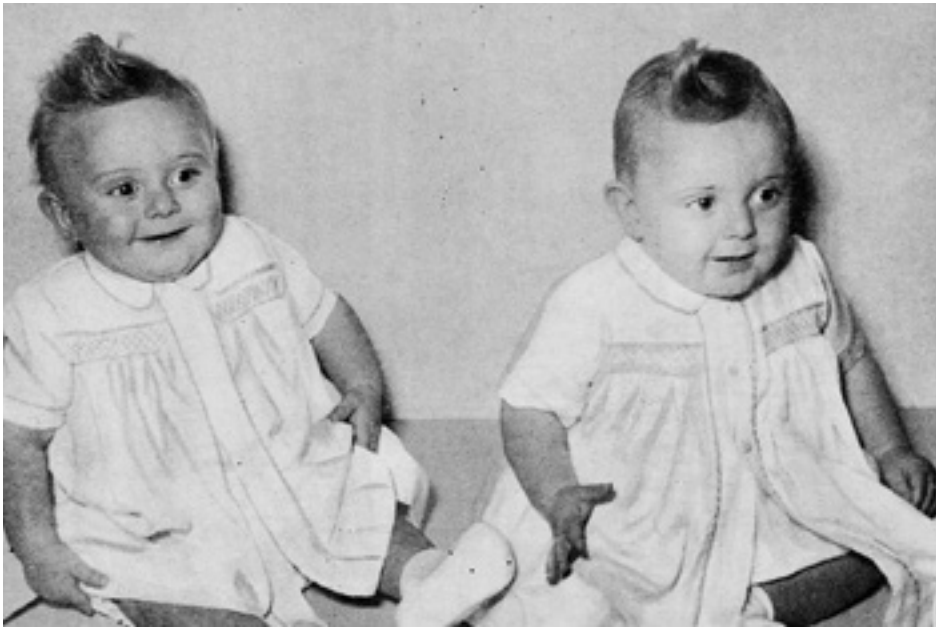
# 1940s

During this period, the primary objective of the Mothercraft Society was to provide customised assistance to each mother and baby based on their unique needs instead of adopting a standardised routine. In 1940, the Society admitted a total of 143 mothers and 195 babies to the hospital. The average length of stay for mothers was 9.3 days, while babies stayed for an average of 21.1 days.

In addition to the hospital, the Society had clinics in Sydney and Newcastle that catered to the needs of 943 expectant mothers and 29,355 mothers with babies. Sister Reid, a dedicated member of the Society, played a crucial role in providing support and guidance to mothers by visiting their homes 362 times. However, due to petrol rationing and the long distances involved, the Society had to centralise its work in order to reach more mothers effectively.

One significant source of support for the Mothercraft Society came from Radio station 2UE, which allocated time each week for a short Mothercraft session. This opportunity allowed the Society to extend its reach and provide valuable information and support to more mothers in need, aiding them in their motherhood journey.

(LEFT TO RIGHT):  
1. Karitane twins  
2. Nursing Sister weighing baby on scales





# 1950s

From the 1950s, the Australian Mothercraft Society's services integrated slowly with the state's health services and started to receive financial assistance from the Hospitals Commission in 1959 when the Karitane Home was gazetted under the Hospitals Act.

Throughout this decade, families encountered various challenges, primarily stemming from difficulties in housing, marked by crowded and unsatisfactory living conditions, as well as rising costs. However, despite these obstacles, there were notable positive developments that aimed to alleviate the situation. One such improvement was the reduction of nurses' working hours, which was implemented to create a healthier work-life balance. The decision to reduce their hours to 40 per week benefitted the nurses and ensured that they could provide better care and support to patients. These changes reflected a proactive response to address pressing concerns and foster a more favourable environment for both families and healthcare professionals.

The clinic's sub-committees raised money for various projects, such as the Guildford project and the establishment of a new clinic on the North Shore line. Furthermore, they successfully hosted the annual fete despite threatening weather conditions, resulting in a profit of 416 pounds.

(LEFT TO RIGHT):

1. Lady Woodward, Patron, The Australian Mothercraft Society
2. The Australian Mothercraft Society, Second Annual Report, 1924-1925





# 1960s

In the early 1960s, Karitane’s matron, Eileen Wilson, worked with the Health Department to broaden Mothercraft nurse training. The course for registered nurses was extended, and in 1966, Karitane nurses became registered Mothercraft nurses. In 1961, the Truby King Nurses Course in Infant Welfare underwent a significant expansion, extending the duration from four months to six months. This expansion reflected a shift in focus from addressing only the basic physical needs of infants to encompassing their mental health as well.

Prenatal classes were also reinstituted in the 1960s, incorporating physiotherapy and including fathers. The Health Department acknowledged the contribution of the Truby King Baby Clinics in areas where there were no state baby health clinics. From 1969, the number of clinics stabilised, and mobile services increased with a bus in the Sutherland Shire. Notably, the Sir Truby King Clinics received no financial assistance from the Government, and the entire responsibility of maintaining the clinics rested solely on the Australian Mothercraft Society council and its sub-committees.

The expansion of the mobile clinics in this decade also played a pivotal role in enabling the Australian Mothercraft Society to assist many more families than previously anticipated. This development proved instrumental in reaching families who may not have previously had easy access to the clinics, thus extending the reach of The Society’s valuable services.

- (LEFT TO RIGHT):
1. Two nurses 1960’s
  2. Mum and children
  3. Graduates and Patron
  4. Guildford Clinic staff and families





# 1970s

In the 1970s, the Karitane Mothercraft Society underwent significant growth and development in response to changing maternal and infant care trends. Recognising the importance of adapting their services to better support families, Karitane expanded beyond the traditional mothercraft techniques they were known for. Additionally, Allied Health Workers joined Karitane, bringing much-needed expertise to the team and enhancing the quality of care provided.

One of the major changes implemented was the introduction of antenatal and father classes. This shift in approach recognised both parents’ crucial role in the upbringing of infants by providing education and support to expectant mothers and fathers. This aimed to empower families and ensure a holistic approach to parenting.

During this transformative period, Karitane also extended its support to include babies waiting for adoption. In addition to providing a temporary home for these infants, we offered specialised courses for adopting parents. Social Workers played a crucial role in facilitating adoptions, acting as liaisons and providing guidance throughout the process. They also provided assistance to increasing numbers of mothers who faced various challenges beyond baby-feeding problems, recognising that the stress of motherhood encompassed a wide range of issues.

To better reflect their expanded range of services and growing impact, the society underwent a name change, rebranding as the Karitane Mothercraft Society. This new name captured the essence of their commitment to providing comprehensive care and support to families in need.

In 1974, a milestone in Karitane’s history was the relocation of the ‘Home’ to Avoca Street in Randwick. This move provided an opportunity to enhance their facilities further and better accommodate the increasing number of families seeking their services.



(LEFT TO RIGHT):  
1. Mrs D. E. Waterhouse, MBE, President  
2. First male nurses  
3. Graduate Nurses  
4. Training of nurses, 1970



# 1980s

Throughout the 1980s, the Karitane Mothercraft Society identified that many families were facing challenges that went beyond the scope of parenting and essential management. These families required extended support and assistance. In response, Karitane sought to build stronger connections within the community by collaborating with various organisations, including playgroups, baby health centres, and the Nursing Mothers Association. By establishing these partnerships, Karitane aimed to provide ongoing and comprehensive support to families for an extended period of time.

During this period, Dr. Bryanne Barnett AM was appointed to enhance the society's psychiatric services. This addition was crucial in addressing the complex needs of families, as it enabled Karitane to provide specialised care to individuals who required psychiatric support alongside the parenting guidance provided by The Society.

Moreover, there was a significant increase in referrals to the toddler section of Karitane. Most of these referrals were for “multi-problem” situations, indicating that the families were facing a range of challenges that required skilled intervention not only with the children but also with their families as a whole.

Recognising the complexity of these cases, Karitane focused on providing comprehensive services that addressed the holistic needs of the families. This involved working closely with both the children and their families, utilising expertise and skilled approaches to address the multi-faceted issues they were facing.

By expanding their services and strengthening collaborations, Karitane, in the 1980s, aimed to provide support not only in the immediate parenting and management aspects but also in the broader context of families' lives, ensuring a comprehensive and long-term approach to their well-being.

(IMAGE):

1. Nurses at graduation ceremony





# 1990s

“Karitane’s commitment to the ‘NSW Families First’ initiative to support families from pregnancy until childhood continues to be strong”.

In the 1990s, Karitane continued to expand its facilities and services, demonstrating its commitment to providing comprehensive support to families in need. One significant development was the establishment of a new residential facility at Carramar, located on the site of the old Fairfield Hospital. This new facility allowed Karitane to provide more extensive services, including specialised care for families dealing with complex emotional and psychological issues. With the opening of Jade House, a specialised Counselling Unit in Carramar, Karitane was able to support mothers experiencing perinatal mood disorders. This facility, supported by Dr Bryanne Barnett AM, provided a range of services, including counselling, psychiatry, and other therapies for women during pregnancy and after giving birth. Telephone advice also became a dedicated 24-hour service called Careline.

In addition to the Carramar facility, Karitane also opened the Liverpool Family Care Centre during this decade, providing parenting education, counselling, and other supportive services to families in the area. Another major development during this period was the relocation of the Randwick Residential Hospital from 171 Avoca Street to a new site at 138–150 The Horsley Drive, Carramar. Although the Randwick Hospital was closed, Karitane continued to provide essential services to families via its day services unit located at 146 Avoca Street, Randwick.

Finally, Karitane underwent a name change during this period, rebranding as Karitane to reflect the society’s expanding range of services and the organisation’s continued evolution to meet the changing needs of the community they served. Overall, the 1990s marked a period of significant growth for Karitane as The Society continued to adapt and expand its services to support families in need.

(IMAGE):

1. Heidi Morales, Dianne Brandt & toddlers enjoy play activities





# 2000 – 2009

Karitane’s emphasis on research extended in collaborations with the University of Western Sydney (UWS) and the NSW Institute of Psychiatry during these years. The Masters in Child & Family Health (Karitane) began in 2009 at UWS. Two new services funded by the NSW Department of Community Services commenced the Volunteer Home Visiting program (2000) and, in 2008, the Connecting Carers NSW program, a state-wide peer support training program for foster and kinship carers. In this decade, other new services and projects included the ` Toddler Clinic’, ‘Family Matters’, ‘Talking Realities’, ‘Deadly Tots – No Gammon’ programs and the four-year-old ‘Healthy Kids Check’ project. The Karitane@Home (private) parenting service was trialled for two years.

In 2008, The Karitane Carramar site was redeveloped, and Jade House was moved into the newly developed Carramar site. The volunteer program moved into 130 Nelson St, Fairfield Heights.

The Connecting Carers NSW (CCNSW) state-wide peer support and training program for foster, kinship & relative carers is established across NSW, with services based in Carramar, Newcastle & Coffs Harbour. Land was purchased at 124 The Horsley Drive, Carramar, to build the new CCNSW Head Office.

In 2009, there was a lot of change, growth and achievements, including the Karitane Head Office move from the temporary Carramar site to the newly built premises at 126 The Horsley Drive, Carramar.

The ‘Talking Realities’ adolescent parent’s peer education program was also funded in 2009 by the Department of Families, Housing, Community Services and Indigenous Affairs. This peer education program was established to improve the social and health outcomes for young parents and their children and contribute to the capacity of young people to make informed choices regarding young parenthood and parenting.

Karitane was also awarded 1st Prize in the Sydney South West Area Health Service 2009 Quality Awards titled “Adolescent Mothers in Custody – Linking to a New Future for Families”.

Karitane also farewelled Professor Bryanne Barnett AM in 2009, who had been a member of the Karitane Board since 1990 and Chair of the Board since

2002. Mr. Michael Coffey, OAM, was elected to the role of Chairman, and Mr Garth Ross was elected Vice Chairman in 2008. We also farewelled our Patron, Ms Wendy Machin, after ten years of dedicated support to Karitane.

(IMAGE):

1. Sue Morgan working with children in the Parent Child Interaction Therapy (PCIT) Toddler clinic at Carramar Residential Unit





# 2010 – 2013

‘Our vision is for children to be safe, healthy and nurtured by confident families and communities’.

During this period, Karitane experienced continued growth and expansion, with the establishment of new facilities and the formation of important partnerships. One significant development was the opening of the Karitane Camden Residential Unit, which was located within Camden Hospital. This new unit allowed Karitane to provide specialised services to families in the Camden area, ensuring that more people could access the support they needed.

In addition to the Camden Residential Unit, Karitane also opened the Karitane Round House Café, providing a welcoming space for families and serving as a hub for community engagement.

Western Sydney and the University of Sydney, recognising the importance of collaboration and research in providing the best possible services for families. Furthermore, Karitane forged new partnerships with Charles Sturt University, the National Centre for Maternal & Childrens Health Care, and the Guangzhou Women’s & Children’s Hospital in Guangdong Province, China. These partnerships enabled Karitane to share knowledge and expertise on an international level, fostering innovation and best practices in maternal and child health.

During this time, Karitane gained the support of prominent figures in the community. Ms Ita Buttrose, AO, OBE, became the Patron of Karitane, lending her influence and advocacy to the organisation’s mission. Ms Tracy Spicer also joined as the Ambassador of Karitane, using her platform to raise awareness and support for the society’s work.

Fundraising remained a crucial focus for Karitane, as donations from the community and generous benefactors allowed the organisation to improve and expand its much-needed services. These contributions played a vital role in ensuring that Karitane could continue to fulfil its mission of supporting families in need.

In 2013, Karitane celebrated its 90th anniversary with a grand Gala Ball held at the Sydney Town Hall on October 26th. The event was a glamorous and enjoyable evening, with esteemed guests such as The Honourable

Jillian Skinner MP, Ms Ita Buttrose, and Ms Tracy Spicer in attendance. This celebration marked a significant milestone for Karitane, recognising the society’s long-standing commitment to serving families over the years.

Furthermore, a notable highlight during this period was the launch of the Connecting Carer’s Aboriginal Kinship Care ‘App’ on September 4th, 2013, at Parliament House. This groundbreaking application showcased Karitane’s dedication to providing valuable resources to support and uplift Aboriginal communities, demonstrating a commitment to inclusivity and cultural sensitivity in its services.

In 2013, Mr Robert Mills left Karitane after ten years as CEO.

Overall, these years were marked by continued growth, partnerships, and achievements for Karitane, as the society worked diligently to improve and expand its services to better serve families in need.

(IMAGE):  
1. Auntie Freda and the Little Possums Playgroup

*“Attending playgroup gave my daughter the chance to mix with other children, playing, socialising and learning. Was very easy for my daughter to start preschool with no issues or difficulties. My daughter settled in comfortably in her class, and I believe that was only because she attended the playgroup.”*

Parent





# 2014 – 2019

There were many significant milestones and celebrations throughout this decade, with 2014 a particularly busy year with milestones including the appointment of new CEO Grainne O’Loughlin and The Minister for Health, The Hon. Jillian Skinner, opening the Karitane Camden Children’s Garden. The occasion celebrated the successful collaboration and generous donation from the Kids of Macarthur Foundation. Also, in 2014, Liverpool Parenting celebrated 21 years of providing care to families in the Liverpool LGA and upgraded its facility by converting the pergola area into a new group and consult room. The Carramar Residential Unit refurbishment was also completed in early 2014, affording the new ability to cater for residential care for families with multiple births.

In 2015, a wonderful celebration was held to mark the occasion of 100 years of Child and Baby Clinics across NSW combined with the Carramar site’s 21st Birthday, proudly attended by many VIP guests, including the Mayor of Fairfield – Mr Frank Carbone, our local member Mr Guy Zangari and Federal Minister for Fowler – Mr Chris Hayes who all continue to generously support Karitane. Karitane celebrated 40 years of service at its Randwick Parenting Service in Avoca Street. Karitane has a long history in the Eastern suburbs, first establishing the premises in 1923 in Elizabeth Street and then opening Howard Street, Coogee. Our then Patron, Ms Ita Buttrose AO OBE, thanked the organisation for their support when she returned to work after the birth of her second child.

Another significant highlight of this decade was being involved with community partners Noreen Towers and Ashcroft to launch the new “Going Home – Staying Home programme” with Premier Mike Baird and Minister Gabrielle Upton. As part of this partnership we facilitated parenting groups, including Munch and Crunch/ Romp and Stomp, Circle of Security (COS) and Tuning into Kids (TIK) with the vulnerable families that utilise this service.

In 2017, Karitane appointed an Aboriginal Liaison Officer, Auntie Freda Simpson and celebrated 15 years of Lil Possums Aboriginal Supported Playgroup.

In keeping with our focus on education and excellence, we delivered a plethora of conferences and educational programs, including the highly successful International Foster Care Organisation (IFCO) conference for



foster carers and NGOs supporting children in the out-of-home care sector. The CCNSW team also ran a camp (attended by the Hon. Minister Hazzard) for foster carers, which focused on the mental health issues and management of children in foster care and an international conference held in Darling Harbour that shared insights, expertise and challenges in parenting in the 21st century.

New models of service delivery transformed our services during this period, with the launch of Telehealth Virtual Home Visits, Internet PCIT and the national expansion of Business Support Packages, leading the way in the emergence of virtual hospital services that transformed the delivery of care. Karitane launched the award-winning Early Parenting Concept Store in February 2018 in the heart of Bondi Junction Westfield. Digital Health Hub with two new services, Virtual Home Visits and Internet- Parent-Child Interaction Therapy, opened by the Minister for Health and Medical Research, The Hon. Brad Hazzard, MP.

(LEFT TO RIGHT):  
1. The Hon. Brad Hazzard, MP, Minister for Health and Medical Research, officially opened our new Digital Health Hub.  
2. Hon. Jillian Skinner and families at the Camden opening of the Children’s Garden 2014





# 2020 – 2023

Over this period, we saw continued growth, transformation, challenges and historical celebrations. Our digital transformation in response to the COVID-19 pandemic created the capability for new models of care, including virtual residential units, virtual breastfeeding clinics and further expansion of integrated care hubs in regional centres. This period was an extraordinary period of extreme circumstances that saw communities, families, and the world experience severe bushfires, drought, floods, and the COVID-19 pandemic. For a short period, we had to pivot our entire service very rapidly and seamlessly to a 100% digital transformation across all points of care at the height of the pandemic.

Our collaborations and partnerships continued to go from strength to strength. We nurtured our enduring partnerships with new initiatives and fostered other exciting new collaborations with UNICEF Australia, PANDA, and Parents At Work, with the National Working Parent Survey and family-inclusive workplace recommendations. We were also thrilled to partner with the Parenting Research Centre on several initiatives, including the leadership of a telepractice capacity-building project for leading NGOs in Australia, supported by the NSW Department of Communities and Justice and the Association of Children's Welfare Agencies (ACWA).

We continued our commitment to being a leader in the industry and received recognition throughout this period as a finalist in the 2021 SafeWork NSW Awards, which recognises our efforts in this important area. Karitane was also recognised this year as a certified Family Inclusive Workplace and is a Founding Partner with Parents At Work and UNICEF Australia in the development of National Work + Family Standards.

Other notable highlights over this period included partnering with SESLHD to launch Wolli Creek Multicultural Integrated Child and Family Hub and migrating our flagship Camden and Carramar Residential Units to Campbelltown.

In NSW, we have become leaders in Young Parent programs and launched the grant-funded Village Connect Hub, which opened in February 2023. This child and family hybrid hub incorporates Uniting's Keyworker Model and brings together family support initiatives. It also runs consecutively with and complements the use of 24/7 app support through Sonder.

(LEFT TO RIGHT):  
1. Staff celebrating Carramar Residential Unit's 30th anniversary.  
2. Young Parents Program – Brianna Hingston, Hudson, Phoebe Heperi, Harvey, Lauren Rouse, Joshua, Ariya, Ethan, Tyra Channells-Caines, Bowie.



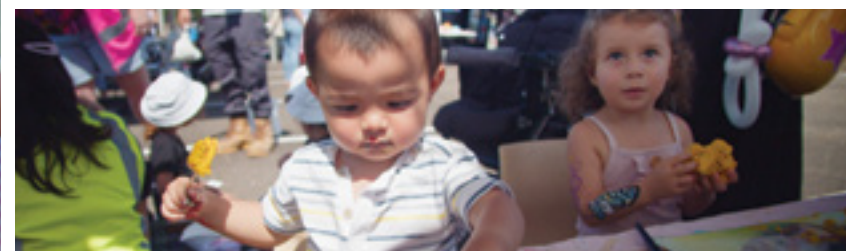


CELEBRATING  
**100**  
YEARS  
Gala Dinner





CELEBRATING  
**100**  
YEARS  
Centenary Events





CELEBRATING  
**100**  
YEARS  
Centenary Events





CELEBRATING  
**100**  
YEARS  
Parenting Through  
Generations







## KARITANE RESEARCH

We are deeply appreciative of the extensive partnerships and collaboration through time with our leading, notable academics from UNSW, WSU, University of Sydney, Griffith University, Charles Darwin University Australia, West Virginia University- School of Medicine, Parenting Research Centre, Murdoch Children's Research Institute, Transforming early Education and Child Health Research Centre and South Western Sydney Local Health District.

Karitane's dedicated research team have partnered with universities and other organisations to improve clinical practice and outcomes for children and families. We continue to conduct research to inform the evidence base of our clinical service delivery. This contributes to wider knowledge and scholarship, ensuring families receive the best interventions, advice and support available. Karitane has had a longstanding research partnership with the University of New South Wales (UNSW) Discipline of Psychiatry and Mental Health and was pleased to see a continuation of the Karitane-UNSW perinatal and infant mental health academic partnership. This partnership aims to continue to expand a perinatal and infant mental health research program at Karitane, provide leadership for the development of perinatal and infant mental health services within Karitane, and contribute to UNSW undergraduate and postgraduate training and supervision of Higher Degree Research students.

In the history of Karitane, several individuals have played critical roles in contributing to industry-leading research and advancing the field of child and family health. One such person is Dr Bryanne Barnett AM, an esteemed child and family psychiatrist who has been a long-term supporter of Karitane. Dr Barnett's contributions to the mental health field, particularly in prevention and early intervention, have been significant. She conducted groundbreaking research for her doctoral thesis, which focused on anxiety and its impact on mothers and their infants, including the first attachment research conducted in Australia. Subsequently, Dr Barnett's research aimed at translating findings into practical and relevant mental health initiatives, including those in primary care.

Having held a conjoint professional appointment with the School of Psychiatry at the UNSW, Dr Barnett AM previously served as the first Chair of Perinatal and Infant Psychiatry. She played an instrumental role in establishing services in collaboration with Karitane in Sydney's South West and later with St

John of God Health Care in Blacktown and Perth. Additionally, Dr Barnett served as a Foundation Board member for the Gidget Foundation Australia and the Australasian Birth Trauma Association (ABTA). Her commitment to mental health is evidenced by her foundational role and past presidency of the Australian Association for Infant Mental Health, the Australian Society for Psychosocial Obstetrics and Gynaecology, and the International and Australasian Marce Societies.

In recognition of her remarkable contributions, Dr Barnett was appointed to the Order of Australia in 2007 and received a citation from the Royal Australian and New Zealand College of Psychiatrists in 2016. She also received the prestigious John Cox Medal presented by the International Marce Society in 2018. Recently retiring in 2021, Dr Bryanne Barnett OA leaves a legacy of compassionate care and dedication to the mental health of families and children, and her support for Karitane remains an integral part of her legacy.

Karitane has a history of innovation in providing leading specialist early parenting services, with a strong focus on driving accessibility and support for parents to ensure every child has the best start in life. Our organisation has been fortunate to have the contributions of other notable individuals in its pursuit of research excellence. A/Professor Jane Kohlhoff, as the Director of Research at Karitane, Associate Professor for the UNSW and registered Clinical Psychologist, Prof Valsa Eapen, a Board Director at Karitane, Professor and Chair of Infant, Child and Adolescent Psychiatry at the University of New South Wales (UNSW) and Susan Morgan, a Clinical Nurse Consultant at the Toddler Clinic and PCIT Regional Trainer and Chair of the PCIT International Development Task Force. Toddler development and interventions have been crucial in advancing child and family health research. In particular, Susan Morgan's contributions span over 30 years of service with Karitane, including her notable achievement of being recognised as the first PCIT International Regional Trainer in Australia.

These individuals, along with others, have helped shape the rich history of Karitane, establishing it as a leading organisation that provides innovative and accessible parenting services while prioritising the well-being of families and children.



# A HISTORY OF DEDICATION

Dedicated and affectionately known as ‘Karits’, our nurses have played an indispensable role in caring for children and babies for over a century. Originating from the Mothercraft hospitals established by Frederic Truby King, Karitane nurses emerged in the early years of society, bringing their expertise and care to young ones. These nurses are highly qualified and trained to provide the best possible care for children, ensuring their health and happiness. It is no wonder that Karitane nursing became a sought-after profession for young women, offering a unique and fulfilling opportunity to contribute to both women’s paid work and the overall domesticity of families. The legacy of Karitane nurses continues to inspire and highlight the unwavering dedication of nurses throughout history.

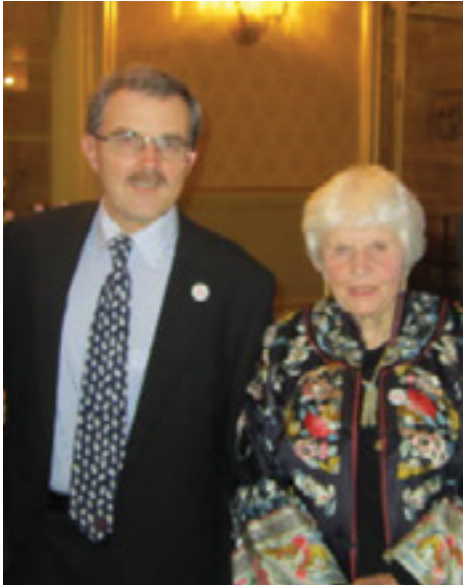
In addition to their collective dedication, the legacy of Karitane nurses also includes the inspiring stories of two individuals who left an indelible mark on the profession. These exceptional Karitane nurses, through their unwavering commitment and expertise, have not only enriched the lives of countless children and families but have also contributed significantly to the ongoing legacy of Karitane nursing.

Elizabeth “Betty” Maud Coen and Enid Ross were two Karitane nurses who left an amazing legacy with their passion and hard work. Betty, born in 1919, studied nursing in Rockhampton during the war and graduated in 1945. She then moved to Tasmania to pursue training in midwifery and Mothercraft. Despite her plans to study in New Zealand, Betty completed her Midwifery Certificate and studied Mothercraft and Infant Welfare in Hobart and later worked in Mothercraft while courting her future husband, Rodney Coen. After having children and experiencing personal hardships, Betty didn’t return to nursing professionally. However, she continued to share her knowledge and expertise in Mothercraft with the community, often being called on for advice by mothers. She passed on this knowledge to her daughter, Elizabeth Therese Coen, who then passed it on to the next generation. Betty’s influence inspired her granddaughter to pursue a medical career, and now both she and her husband work as GPs, particularly helping new parents. They hoped to see the return of freely accessible parenting services in the community, reminiscent of the model of care that drew Betty to Karitane years ago.

Enid Ross, is another dedicated Karitane nurse, who completed her Mothercraft training in 1947 and served as a member of the Karitane Board for over 40 years. Her son, Garth Ross, has continued her legacy by being involved with Karitane for almost 25 years, starting as a Karitane baby. Enid was greatly loved by the community for her dedication to the field of Mothercraft. Her contributions to the Karitane organisation were recognised with her appointment as a Karitane Lifetime Member for her committment and service.

(LEFT TO RIGHT):

- 1. Garth Ross and Enid Ross OAM.
- 2. Elizabeth “Betty” Maud Coen with baby
- 3. Elizabeth “Betty” Maud Coen with husband Rodney Cohen





# BUILDINGS THROUGH THE DECADES



- 1923

The Australian Mothercraft Society, first Baby Clinic 283 Elizabeth St, Sydney (located in tall building to left).
- 1924

First Australian Mothercraft Society Home, 72 Howard St, Coogee
- 1927

Residential Hospital, 23 Nelson St, Woollahra.
- 1953

Guildford Baby Health Clinic, Stimson St, Guildford.
- 1974

Residential Hospital, 171 Avoca St, Randwick
- 1979

Randwick Family Care Centre, 146 Avoca St, Randwick.
- 1993

Liverpool Family Care Centre, 10 Murphy Ave, Liverpool.
- 1994

Carramar Residential Hospital, 138-150 The Horsley Drive, Carramar.
- 1996

Jade House (Anxiety & Mood Disorder Unit), 130 Nelson St, Fairfield Heights, relocated to Carramar in 2008 & became the Karitane Volunteer Program building (now known as Linking Families).
- 2008

Karitane Residential Hospital site redeveloped to accommodate new services, 138-150 The Horsley Drive, Carramar.
- 2009

Head Office, 126 The Horsley Drive, Carramar. Commencement of the Talking Realities program, an innovative, school based, peer education program for young parents.

- 2010

Connecting Carers NSW, 124 The Horsley Drive, Carramar Karitane@Camden Residential Unit & Day Parenting Service, located within Camden Hospital, Menangle Rd, Camden.
- 2011

Karitane Camden Residential Unit was opened at Camden Hospital.
- 2012

Toddler Clinic Camden was opened by the Minister for Health and Medical Research, The Hon. Jillian Skinner.
- 2013

Major refurbishments at Carramar Residential Unit to provide multiple children family rooms.
- 2018

New innovative Early Parenting Store opens in Westfield Bondi Junction.
- 2022

Partnering with SESLHD to launch Wolli Creek Multicultural Integrated Child and Family Hub.
- 2023

Migration of our flagship Camden and Carramar Residential Units to Campbelltown.

# KARITANE VOLUNTEERS

Our Karitane volunteers help support families through the challenges of parenthood. A detailed training and support program is available through Karitane. Over 100 years, we have had many dedicated volunteers who have been invaluable parts of our service delivery. In 2022-23, there were 53 volunteers supporting Karitane’s services.

- Anne Langham

Jenny Hanger

Rachel Noonan
- Amy Kiss

Jenny Pascoe

Rania Saleh
- Amy Rogers

Jessica Carroll

Regina Farr
- Amy Wilesee

Joan Garriock

Renee Wright
- Anastasia Harvey

Julie Baturynsky

Robyn Howarth
- Barbara Anderson

Karen Carpenter

Robyn Sales
- Catherine Corbett

Karen Smith

Ruth Waters
- Cathy Powell

Katherine Isaac

Sandra Gilkes
- Celena MacDonald

Kathlene Minett

Sarvannah Fabian
- Deborah Miccoli

Kerrie Meldrum

Sharon Mann
- Deborah Saad

Lauren Rouse

Sheryl Klein
- Denise Ghali

Leanne Blaker

Stella Austin
- Diane Redman

Leanne Lambros

Sue Gray
- Elizabeth (Izzy) Byrne

Lisa Rogers

Sue Hopkins
- Emily Wilton

Lorna Burden

Tanayah Girotto
- Emma Simpkin

Margaret (Maura) Larkin
- Gabrielle Pegrem

Margaret Lee
- Helen Davis

Mave Peebles
- Hong Nguyen

Naomi Davies
- Isabel Gottstein

Nichola (Nicky) Driver
- Jacqueline Rogan

Peggy Kemp
- Jade Coe

Phoebe Heperi
- Jean Michaels

Quinne Ponseca





# HUGE DECK AS A BALLROOM

## CHARITY EVENT ON THE ORION

“Eleven hundred guests made their way on board the new liner Orion for the ball, to benefit The Maternal and Infant Welfare Jubilee Fund and the Australian Mothercraft Society.

Tickets priced at 1 guinea each and were long sold out with a waiting list of 300.

There was a large Vice-Regal party, including their Excellencies the Governor-General and Lady Isaacs, Lady Hore-Ruthven and Captain A.L. Owens, Commander of the Orion there were lots of feather capes, ostrich, marabout, and coque feathers being used for these shoulder coverings, which gave just the necessary amount of warmth for the deck. Miss Mary Truby King’s frock was of black cr pe, patterned with scarlet poppies.

Other official guests included the Premier and Mrs B.S.Stevens, The Lord Mayor and Lady Mayoress Alderman and Mrs A. McElpone, Chief Justice and Mrs F.R. Jordan and Mr W.M. Hughes and Dame Mary Hughes.”

The Sydney Morning Herald 19/11/1935



Partnerships  
made for parents



KARITANE HEAD OFFICE  
138-150 The Horsley Drive,  
Carramar NSW 2163  
(02) 9794 2300



 CARELINE 1300 227 464  
 [WWW.KARITANE.COM.AU](http://WWW.KARITANE.COM.AU)

**KARITANE<sup>®</sup>** **100**  
YEARS  
Parenting through generations