




KARITANE.COM.AU

Our Services

KARITANE[®]
Partnerships made for parents



Together, we'll know what to do

Karitane works alongside parents and carers to share practical support and guidance to help you navigate the unique challenges of parenting. Because we understand the first 5 years of raising a child can come with challenges, and parents should never have to learn alone.

Our free 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 Postnatal Anxiety and Depression

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!”

Our Services

IN-CENTRE CARE AND VIRTUAL SERVICES

Virtual Breastfeeding Clinic

Karitane lactation consultants, midwives and child and family health nurses provide breastfeeding support using online consultations. Book your consultation at karitane.com.au/service/virtual-breastfeeding-clinic/

Parenting Centres

Individual and group consultations with a child and family health nurse to address your parenting challenges. This service is available at one of our centres below or from the comfort of your own home with a virtual home visit.

Child Age: Birth - 5 years

Locations: Online, Carramar, Maryland, Oran Park, Randwick, Shellharbour, Warrawong, Wolli Creek

Residential Services

Our team of experienced professionals will provide you with around-the-clock support for 2-4 days to help address your parenting concerns. Our child and family health nurses, psychologists, social workers, paediatricians and psychiatrists work in partnership with you while providing information, guidance and encouragement. This service is available at one of our centres below or virtually from the comfort of your own home.

Child Age: Birth - 5 years


Locations: Online, Campbelltown

Mental Health Services

Individual consultations and groups supporting parents experiencing perinatal depression or anxiety with a focus on supporting the parent-infant relationship. This service is available at one of our centres below or virtually from the comfort of your own home.

Child Age: Antenatal - 1 year

Locations: Online, Campbelltown, Carramar



Toddler Clinic - Parent-Child Interaction Therapy

Toddlers are terrific but can also be tricky. At Karitane we provide support to families with children aged 15 months to 3 years 11 months who are displaying behavioural issues and difficulties with emotional regulation. Our aim is to increase positive behaviours and provide strategies to help strengthen the parent-child relationship. We work closely with families to support their individual needs and provide toddler groups, brief telehealth interventions and Parent-Child Interaction Therapy. This service is available at one of our centres below or available virtually from the comfort of your own home.

Child Age: 15 months – 4 years

Locations: Online, Campbelltown, Carramar

COMMUNITY PROGRAMS

We provide a range of community groups and programs across Sydney and Regional NSW. We support parents and carers to develop positive relationships with their young children (prenatal to school age), to nurture their cognitive, social and emotional experiences of the world. We support all families, including from culturally and linguistically diverse backgrounds, new migrant and refugee backgrounds and First Nation communities. Community programs are offered to families in their home, or in a community setting.

Child Age: Birth - 5 years

Locations: Online, Bankstown, Camden, Campbelltown, Fairfield, Forster - Tuncurry, Liverpool, Macarthur, Shellharbour, Wollondilly, Taree





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.

karitane.com.au/professionals/professional-development

Ph: (02) 9794 2348



Start a conversation with us today.

At Karitane, we understand there's something new and unique to every parent's experience. And while your natural instincts or well-studied learnings will certainly kick in, it's also okay to not have every answer. So, as you venture out on the journey of parenthood, know that no matter what challenges come your way, together, we'll know what to do.

REFERRALS

We understand every parent's experience is unique, and we're here to guide you through this new chapter. You can take the first step by completing our online referral form at karitane.com.au/referral

KARITANE CARELINE

Call 1300 227 464 to speak to a friendly and experienced child and family health nurse.

LEARN WITH US

Book into a webinar and join other parents to learn tips and strategies from our experts at karitane.com.au/parents/parenting-webinars

ACCESS PARENTING RESOURCES

For more parenting information, tips and strategies, visit our website at karitane.com.au

FOR ALL ENQUIRIES

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

