



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/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/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



Our Services

KARITANE® 100 YEARS
Parenting through generations

Partnerships made for parents

Karitane fosters meaningful partnerships with mums, dads, and carers to provide knowledge and support on 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 **100** YEARS

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 and quality resources through the HelpMe Feed app. Book your consultation at karitane.com.au/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, Balmain, Carramar, Oran Park, Randwick, Shellharbour, Shortland, Wolli Creek

Residential Services

Our team of experienced professionals will provide you with around-the-clock support for 3-4 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, Carramar

Mental Health Services

Individual consultations and groups supporting mums and dads 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 use Parent-Child Interaction Therapy (PCIT) which strengthens the relationship with your child and provides you with strategies to better manage challenging behaviours. 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 to support parents and carers with young children (prenatal to school age) to develop positive relationships with their children, that nurture their learning, social and emotional experiences of the world. We support families from culturally and linguistically diverse backgrounds, new migrant and refugee backgrounds and Aboriginal communities. Community programs are provided to families in their own homes or in a community setting.

Child Age: Birth – 5 years

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

