

# Wayipunga Early Parenting Centre

## Information for parents and carers

### What is an Early Parenting Centre?

The Wayipunga Early Parenting Centre (EPC) in Bendigo provides specialist support to families in the Loddon Mallee region with children 0 – 4 years old. We deliver services that aim to enhance parent-child relationships and support parents with strategies for achieving their parenting goals. These goals often include: sleep and settling, child behaviour, child development, parent/carer/child health and wellbeing.

### Who is the Early Parenting Centre for?

- Parents and carer/s with children 0-4 years of age.
- Families who are experiencing more serious and persistent challenges with parenting.
- Parent/s wanting assistance to help build parenting skills, form closer parent-child bonds and provide support with issues that you are experiencing.

### What types of issues can the Early Parenting Centre assist with?

- Sleep and settling
- Feeding difficulties
- Parent/child relationship
- Infant and child behavioural issues
- Parental exhaustion
- Adjustment to parenthood



### What should you expect?

- After we have received your referral, you will be contacted and given an appointment to have an assessment phone call.
- During the assessment phone call from one of our expert staff you will be recommended the program best suited to you and your family's needs.

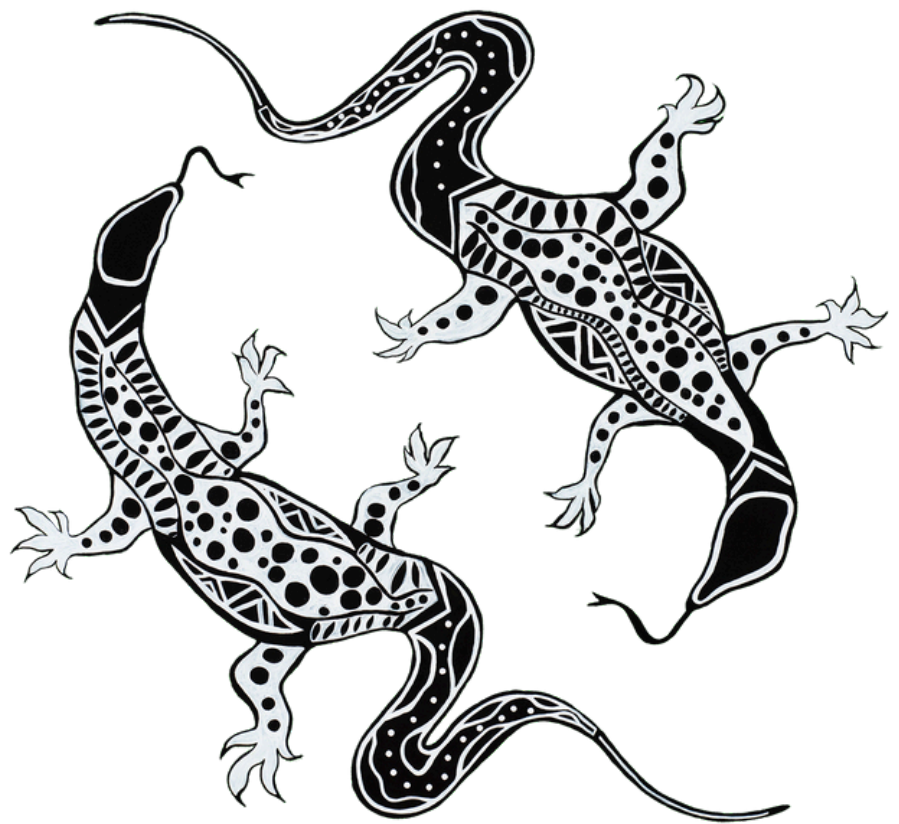
- You and your baby, or your family, will attend one of our tailored programs.
- We will assist you to set goals and provide you with the skills to meet them
- Strengthen your knowledge to enhance the parent child relationship.

## What programs does the Early Parenting Centre offer?

- A four-night residential program
- Six-hour day stay program

## What are the facilities?

- Residential family suites
- Day-stay rooms
- Shared kitchen and dining areas
- Multi-purpose rooms
- Indoor and outdoor play areas



## How do I get an appointment?

- Information on referrals to the Wayipunga Early Parenting Centre can be found on the Bendigo Health website: [bendigohealth.org.au/earlyparentingcentre/](http://bendigohealth.org.au/earlyparentingcentre/) or telephone 5454 7900.
- You can complete a self-referral form to the service, or you can speak with your child health nurse, or GP for assistance with a referral to the Early Parenting Centre.
- After we have received your referral, you will be contacted within 2-3 business days and given an appointment to have an assessment phone call.



## Artwork Acknowledgement

The artwork featured in this document is by Daikota Nelson and Jida Gulpilil.  
We acknowledge and thank them for their creative contributions.