

Wayipunga Early Parenting Centre

Information for parents or carers staying overnight

What to bring

The Wayipunga Early Parenting Centre (EPC) provides programs for parents and carers who need specialised and targeted support.

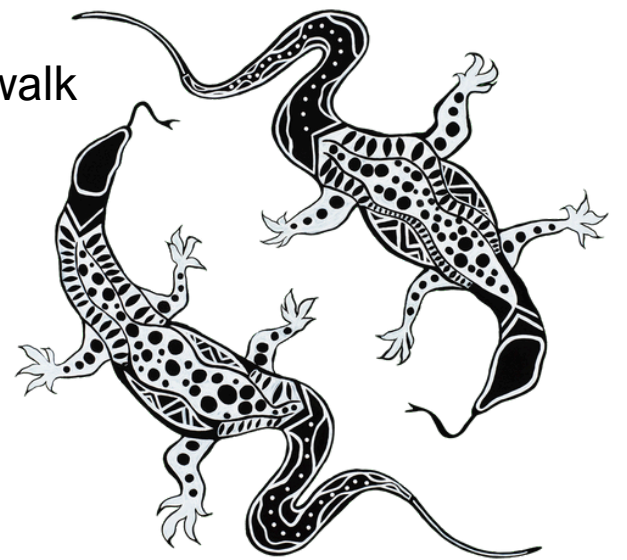
Families are provided with meals, a private family suite, and access to safe outdoor spaces to relax and play with their children.

Each family is provided with a swipe card to lock their family suite and bathroom. Safes for valuables and medications are provided in all inpatient family rooms, however, we recommend you leave valuable items at home, as we cannot accept responsibility for the loss or damage of any item brought into the centre.

Parents or Carers

Items:

- ☐ Wallet – Local town centre 1.5km away, being a 15-20 min walk
- ☐ Medicare Card
- ☐ Something to sleep in
- ☐ Clothes for the length of stay
- ☐ Toiletries / Tissues / Hairdryer
- ☐ Current Medication List from your GP
 - Medications with pharmacy labels on them / EpiPen
 - Depending on the medication, you will be responsible for managing this yourself safely at the centre.



Optional Items:

- ☐ Your own pillow if desired. (EPC does provide pillows)
- ☐ Sheets or blankets if preferred. (EPC provides all bedding as standard)
- ☐ Breast pump
- ☐ Leisure materials - books, craftworks
- ☐ Technology - Laptop, iPad/tablet, phone, earphones (don't forget chargers)
- ☐ Snacks, food. Lockers are provided in communal area.

Infant or child

Items: (Depending on the age and needs of your baby)

- ☐ Child Health Record (GREEN BOOK) from your Maternal Child Health Nurse
- ☐ Clothes for the length of stay (washers/dryers are available)
- ☐ Something to sleep in
- ☐ Toiletries, baby lotion, nappy rash cream
- ☐ Disposable nappies, nappy wipes, nappy bags
- ☐ Wraps, bibs
- ☐ Bottles, bottle brush, teats, formula, sip cups or drink bottles.

Optional Items:

- ☐ Medications/ EpiPen
- ☐ Dummies, comforter/teddy (if over 7 months old)
- ☐ Children's food dietary requirements. Food lockers are available.
EPC is an allergy aware site
- ☐ Favourite toys
- ☐ Your own cot sheets if preferred (EPC supplies all bedding)
- ☐ Your own single bed sheets for older children/siblings (EPC supplies all bedding)
- ☐ Sleeping bags/swaddles.

Other Items:

- ☐ Pram or stroller – If you want to go for a walk at any time.



Artwork Acknowledgement

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