

Wayipunga Early Parenting Centre

Information for parents or carers attending day stay

What to bring

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

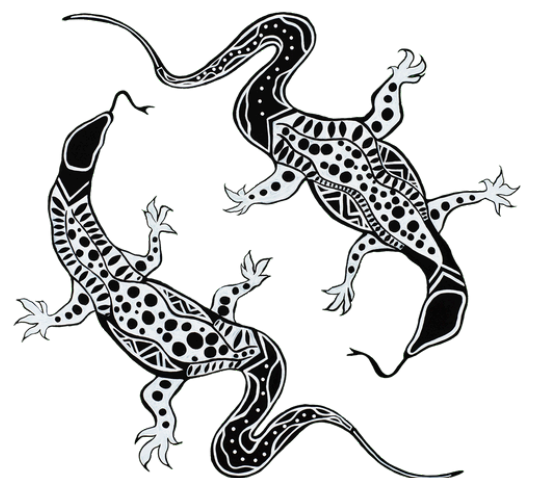
Families are provided with access to a kitchenette to heat up meals with access to tea and coffee, and safe spaces to relax and play with their children.

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
- ☐ 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:

- ☐ Breast pump
- ☐ Leisure materials - books, craftworks
- ☐ Technology - Laptop, iPad/tablet, phone, earphones (don't forget chargers)
- ☐ Snacks and lunch for the day for all attending the program. Microwave, and sandwich press available.

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
- ☐ Something to sleep in
- ☐ Disposable nappies, nappy wipes, nappy bags
- ☐ Wraps, bibs
- ☐ Bottles, bottle brush, teats, formula, sip cups or drink bottles.

Optional Items:

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



Artwork Acknowledgement

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