

# Parenting Support

Do you have a child under the age of 12 and need support with parenting?



Would you like to:

- Enjoy parenting more?
- Address concerns about your child's behaviour?
- Use positive parenting strategies to improve your child's behaviour?

Help is available through a **Family Support Worker** who will help you learn new skills to better manage your child's behaviour.

The **Family Support Worker** can assist families in dealing with:

- Tantrums
- Bedtime problems
- Mealtime difficulties
- Children not following instructions
- Aggression towards parents, siblings and others *or*
- Other areas of concern

## How to access the Family Support Worker

Referrals to the **Family Support Worker** can be made by contacting our Service Co-ordination team at healthAbility on **Ph 9430 9100** between 9am and 5pm Monday to Friday.



Inspiring people and communities  
to be healthier and inclusive

[healthability.org.au](http://healthability.org.au)

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