

Parenting Support Programs


Our parenting support programs are available for families in the Macedon Ranges.

Our programs offer information, coaching, reflective practice and referrals to support a parent or carer's relationship with their child or children.


Support programs are provided one-to-one or in a group with other parents and children.




Contact Us

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We value diversity and will be responsive to the health needs of all people. This includes but is not limited to Aboriginal and Torres Strait Islander people; people with intellectual or physical disabilities; lesbian, gay, bisexual, transgender and intersex people; and. Culturally and linguistically diverse people.



Parent-Child Mother Goose

Gentle support in a group setting which provides emotional connection and regulation through songs, rhymes and stories.

The Parent-Child Mother Goose program provides a group experience for parents or carers and young children (0-5 years) based on the oral traditions of rhymes, songs, and storytelling.

Participating in this program, you and your child will learn songs and rhymes which can be used at home to enhance your parent and child relationship, develop positive emotional regulation skills and foundational language development.



Bringing Up Great Kids



Developed by the Australian Childhood Foundation, Bringing Up Great Kids supports parents and carers to develop reflectiveness and create moments of mindfulness in their parenting.

Parents of children 0–12 years, will work with a trained facilitator to consider how messages from their own childhood now influence their own parenting style. Parents will be guided to understand brain development, children's thoughts and feelings, and new ways of overcoming the obstacles that they face in parenting.

Cost and Referrals

Parenting support programs are provided free to families that meet eligibility criteria living in the Macedon Ranges.

Parents can self-refer for the program supports, or health professionals and other service providers can refer people to the programs. Referrals should only be made with the participant's consent.

For information and referrals please contact:

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Child and Parenting Project Facilitator



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