

Parenting Support

Do you have a child aged 12 or under 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 healthAbility's Family Support Worker who can help you learn new skills to better manage your child's behaviour.

Individual support is available, as well as group sessions and Parent Support Seminars that are held throughout the year.

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
- Parenting stress, wellbeing and self-care
- Other areas of concern

How to access the Family Support Worker

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



For more information:

Child, Youth and Family team

9430 9100

contact@healthability.org.au

Box Hill: 43 Carrington Road, Box Hill VIC 3128

Eltham: 917 Main Road, Eltham VIC 3095

Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au

Website: healthability.org.au

