

SLEEP

Support Services

WHAT ARE SLEEP SUPPORT SERVICES ?

Sleep schools and clinics provide education for parents, carers and families who are experiencing difficulties and need support in relation to their child's sleep.

HOW IS SUPPORT OFFERED ?

Depending on the severity of the sleep disturbance, your family will receive support through one of the following ways:

- Short information sessions
- Clinic-based consultations
- Day-stay programs
- Residential, inpatient support

WHAT IS THE COST INVOLVED ?

Costs will vary depending on the program accessed and whether the service is in the public or private health sector.

Speak with the service about any costs involved or rebates available prior to booking

WHAT ISSUES MIGHT BE ADDRESSED ?

- Establishing a sleep routine or pattern to suit your child's particular needs
- Techniques for soothing and relaxing
- Controlled comforting methods for older babies and toddlers
- Advice on trouble shooting sleep disruptions
- Self help strategies for tired parents
- Progress charts to track sleeping and feeding patterns
- Step-by-step advice to guide you through sleep problems

WHERE ARE THESE SERVICES ?

The following Early Parenting Centres offer sleep support in Melbourne:

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| • O'Connell Family Centre | 8416 7600 |
| • Queen Elizabeth Centre | 9549 2777 |
| • Tweddle Child and Family Services | 9689 1577 |

HOW DO I ACCESS THESE SUPPORTS ?

- Speak with your Kalparrin Key Worker for more information
- Discuss options with your GP or Maternal and Child Health Nurse
- Some services can be contacted directly and accept self-referral