

Helping children thrive by supporting parents

Do you have a child under 8?

Illustration by Greta, aged 11

Children's brains develop rapidly from the day they are born. This is directly influenced by the day-to-day interactions and experiences they have with their parents and caregivers.

Sometimes, parenting children can feel like sailing in choppy waters. We can provide a lighthouse and safe harbour for parents and caregivers when storms hit.

Our goal is to help parents and caregivers to lay the strongest possible foundations for their children to thrive.

Free and confidential counselling is available for parents or carers of children, from babies to eight years old.

We can help you navigate choppy waters to:

- Support your child to learn and thrive.
- Strengthen family relationships and build positive connections with your children.
- Give you the tools you need to support your child, including dealing with strong emotions and concerning behaviours such as biting, tantrums or shyness.

Parents or caregivers can be seen at home, at a Community Health Centre or via videoconference. Caregivers can see an Early Intervention Clinician (psychologist or social worker) by asking their:

- child health nurse
- health professional or
- calling the Child Health Service (details below) to arrange an appointment.

Free interpreter services are also available.

Contact us

Child Health Service
Early Intervention Clinicians
t 1300 366 039
w [www.childrens.health.qld.gov.au/
child-health-service](http://www.childrens.health.qld.gov.au/child-health-service)

For further support

Call 13 HEALTH (13432584)
24 hours, 7 days and ask to
speak with a child health nurse
Parentline 1300 301 300 or
www.parentline.com.au

