

# Barwon Early Parenting Centre Day Stay Program



## Frequently Asked Questions

Barwon Early Parenting Centre (BEPC) offers Wombat/Ngurr-ngurr day stay programs to provide parents with the support and guidance they need for various aspects of parenting. Our programs are designed to support parents to build their confidence in areas including sleep and settling, feeding difficulties, parent-child relationships, behavioural issues, and parental well-being with children aged 0 to four years of age.

Parents can run through a good portion of a child's daily routine, ask questions, and receive helpful resources. We will discuss sleep and settling, attachment, feeding and nutrition, routines, developmental ages and stages and any other questions you may have.

### WHERE IS IT & IS PARKING EASY?

The BEPC is located at the McKellar Centre precinct, 45-95 Ballarat Road, North Geelong. Car parking is available on-site.

### WHAT DO WE NEED TO BRING

There is access to a small kitchenette with a refrigerator, tables and highchairs for your use during your stay. A small play space with toys and books is available for you to use, and all cots are provided with

sheets. You will need to bring all the items you and your child will need for the day (around six hours).

### What parent/carer needs:

- Water bottle
- Lunch and snacks for yourself and your infant/child
- Comfortable clothing and appropriate footwear

### What your child needs:

- Sleeping clothes (e.g. Pyjamas, sleeping bags or sleep suit)
- Change of clothes
- Nappies, wipes and a change mat
- Feeding essentials, bottles/formula (for six hours) or pumps etc. Please bring labelled bottles filled with preboiled water and formula separately in its original tin
- Bibs, plate/bowls and baby cutlery
- Dummies or comfort items
- Prams welcome
- Child's My Health, Learning and Development ('green book') if available.

