

Barwon Early Parenting Centre

Residential Program



Frequently Asked Questions

Barwon Early Parenting Centre (BEPC) offers a Kangaroo/Goim multi-night stay program 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 wellbeing with children aged zero to four years of age. Our team can also guide you with understanding infant cues, growth and development and age-appropriate play.

Parents can run through their 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.

This will be a multi-night stay of up to four nights. Details of your stay will be confirmed during the intake process.

WHERE IS IT AND 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?

Your meals will be provided during your stay, with facilities to reheat and store any additional food or beverages you may require. There is a café a short walk from the BEPC.

You have access to a communal kitchen with a refrigerator, kitchen storage, tables, and highchairs during your stay. A play space with toys and books will be available for you to use, and all suites are provided with cots/beds with sheets.

Please bring everything you may require for a few days away for you and your child.

- All clothing (seasonally appropriate) for your family members in attendance, pyjamas, sleeping suits, hats, raincoats/warm jackets as required. There is a laundry room available for families to use during your stay.
- Toiletries.
- Medication or vitamins in their originally dispensed containers (i.e. not in other containers).
- Disposable nappies including wipes and change mat (enough to last the duration of stay).
- Labelled sleeping and settling aids or comfort items that you use at home may also be brought in.

- All items required for feeding: formula (in tin), teats, bottles, breast pumps, water bottles and bibs. Sterilising equipment, plates and cutlery are provided. There is a communal meal area with highchairs.
- If your child is using specialised cutlery/plates/bowls/bottles/ cups as recommended by a health professional (e.g. speech pathologist or occupational therapist) please ensure you bring along to the program.
- Any prams or carriers required.
- Medicare card, health care card, pension card, if applicable, for each person attending.
- Child's My Health, Learning and Development 'green book' (if available).

Please do not bring jewellery, money or valuable personal items to the centre. There is a small safe available in your suite if required. Barwon Health cannot accept responsibility for any loss or damage to your property.

