

## Do things feel stressful or overwhelming at home?

From establishing your children's routines to managing their behaviour, sometimes small changes can make a big difference.

At Wanslea, we've supported thousands of Western Australian families to navigate the everyday challenges of parenting. Our experienced team can help you to build on your strengths and implement evidence-based strategies that can positively impact your family's health, wellbeing and relationships.



*Wanslea is a leading provider  
of services for children and families*

### SCARBOROUGH

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*Wanslea acknowledges the Traditional Owners of country throughout Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to elders both past and present.*



## Children and Parenting Support

*In-home support and skill building*

## What is Children and Parenting Support?

Children and Parenting Support is a strengths-based home visiting program for parents of children up to 12 years of age.

We can provide support if:

- You are wanting to build your parenting skills
- You want to better understand and respond to your child's behaviour
- You have a growing family
- You are a new parent
- You have difficulties with learning

The Children and Parenting Support service is available to families in over 20 suburbs across North-Eastern Perth.



## How we can help

Our practitioners will work with you in your home to build your skills and knowledge.

We offer positive, evidence-based strategies to help you to guide your children's behaviour and achieve your parenting goals.

We can help you to:

- Learn more about the development of your child
- Meet the needs of your growing family
- Strengthen and enhance your relationship with your child
- Learn more about keeping your child healthy, safe and emotionally well
- Create new family routines
- Form a deeper understanding of the importance of play
- Develop positive strategies to guide children's behaviour
- Connect to networks and resources in your community



## How to get support

### 1. Assess your eligibility

This service is available in over 20 suburbs across North-Eastern Perth and is open to parents and carers of children aged 0-12 years. If there are older children in the family, they will not be excluded from the support provided. Please contact us or visit our website to see if Children and Parenting Support is available in your area.

### 2. Complete an application

If you think you could benefit from this service, you can complete an application form via our website, or contact us to request one.

### 3. We will contact you

You will receive a response to let you know that your application has been received and our team will be in touch if there are concerns with your application. You will also receive further information from us about when and how you can access this service.

### 4. In home support

Our practitioners will visit you in your home to provide you with information, resources and strategies tailored to your circumstances.