

Early Parenting Centre

Information for parents or carers staying overnight

– What to Bring:

The Early Parenting Centre (EPC) is a facility that provides tailored programs for parents and carers who need specialised and targeted support.

Families are provided with meals, a private family suite, as well as access to safe outdoor spaces to relax and play with their children.

Each family is provided with a swipe card to lock their family suite and bathroom. Safes for valuables and medications are provided in all inpatient family rooms, however, we recommend you leave valuable items at home, as we cannot accept responsibility for the loss or damage of any item brought into the centre.

Parents or Carers

Items:

- Wallet – Local town centre 2km away, being a 28min walk.
- Medicare Card.
- Something to sleep in.
- Clothes for the length of stay.
- Toiletries / Tissues / Hairdryer.
- Current Medication List from your GP.
 - Medications with pharmacy labels on them / EpiPen.
 - Depending on the medication, you will be responsible for managing this yourself safely at the centre.

Optional Items:

- Baby food. We cannot supply baby food.
- Your own pillow if desired. (EPC does provide pillows).
- Sheets or Blankets if preferred. (EPC provides all bedding as standard).
- Breast pump.
- Leisure materials, e.g., Books, Craftworks.
- Technology, e.g., Laptop, iPad/Tablet, Phone, Earphones (Don't forget chargers!).

- Snacks, food, lockers, are provided in communal area and a fridge in each family suite.

Infant or child

Items: (Depending on the age and needs of your baby)

- Child Health Record (GREEN BOOK) from your Maternal Child Health Nurse.
- Clothes for the length of stay (Washers/dryers are available).
- Something to sleep in.
- Toiletries, baby lotion, nappy rash cream etc.
- Disposable nappies, nappy wipes, nappy bags.
- Wraps, bibs.
- Bottles, bottle brush, teats, formula, sip cups or drink bottles.
- Plastic bowl, spoon.
- Blanket for floor play.

Optional Items:

- Medications/ EpiPen.
- Dummies, Comforter (if over 6 months old) / Teddy.
- Children's food dietary requirements – food lockers available – nut free site.
- Baby Monitor.
- Favourite toys – Preferably wipeable toys due to infection control. Soft toys should remain in your room.
- Your own cot sheets if preferred (EPC supplies all bedding).
- Your own single bed sheets (for older children/siblings) (EPC supplies all bedding).
- Sleeping bags / swaddles – see note below*.
 - The EPC follows SIDS recommendations on the safe use of sleeping bags.
 - *If using ensure that you have bodysuits with no legs (they can have long-sleeve arms), and that you have a light weight sleeping bag. To prevent overheating.
 - The EPC does not sleep infants under the age of 4 months in a sleeping bag.

Other Items:

- Pram or Stroller – If you want to go for a walk at any time.
- Laundry detergent – laundry facilities are provided and shared among up to ten families.