



# WILLOUGHBY CITY COUNCIL

## CHILDREN'S SERVICES

### Community Services Division

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This directory contains information for families with children on child care services, and facilities within the Willoughby Local Government Area. All details contained in this directory where correct at the time of printing. However it is advised to confirm these details with the individual service providers.

Willoughby City Council does not endorse any specific service contained in this Directory other than those it directly operates.

Willoughby City Council's Children's Services Resource and Support Officer is available to assist in providing additional information relating to childcare services or issues relating to children in the community.

Please contact the Children's Services Branch:

**9777-7981/2**

Email: [childserv@willoughby.nsw.gov.au](mailto:childserv@willoughby.nsw.gov.au)

or visit our website [www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au)

#### **CHILD CARE BENEFIT (CCB) AND CHILD CARE TAX REBATE**

Child Care Benefit and the Child Care Tax Rebate are payments from the Government to help reduce the cost of child care. Families who meet the Government's work, training or study test are able to apply for these payments. Families must contact the Family Assistance Office (FAO) to obtain a 'Customer Reference Numbers' (CRN) if they wish to receive reduced childcare fees at a child care service. Families without a CRN will be charged full fees. Please contact the Family Assistance Office on 13 61 50 for more information. Further information on these rebates can be viewed on the Office of Early Childhood Education and Child Care website [www.oceccc.gov.au](http://www.oceccc.gov.au) or the FAO [www.familyassist.gov.au](http://www.familyassist.gov.au)

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## **Long Day Care Centres**

### *What is Long Day Care?*

Long Day Care Centres provide care and education for children aged from 0 to 6 years of age. Centres are required to operate for a minimum of eight hours a day, with most opening from 7.30am till 6.00pm Monday to Friday.

Centres are licensed by the Department of Community Services. This license requires operators to meet a minimum standard of care, including the number of children the centre can provide care for, staffing levels, space requirements, safety issues and staff qualifications.

Long Day Care Centres are required to employ suitably qualified staff. The number of qualified staff increases with the number and age of children attending the centre. Qualifications of staff may include: Bachelor of Teaching/Education (Early Childhood), Associate Diploma (Early Childhood) and Mother Craft Nurses.

The license also ensures that the centre provide written developmentally appropriate and educational programs, with a balance of indoor and outdoor activities for all individual children who are enrolled at the service.

These educational programs reflect key learning areas. These areas include social and emotional development, language development, physical development, creativity and intellectual development. Staff maintain records of each child's developmental progress, which are required to be available for parents to view.

Many Long Day Care Centres provide nutritional meals, including morning and afternoon tea, drinks and lunch for the children, which are included in the daily fee. It is a good idea to confirm with each Centre what is included in their fee structure.

The fees charged by Long Day Care Centres vary from service to service. However the Child Care Benefit and Child Care Tax rebate may be available to families accessing this service type.

Access to Long Day Care may be difficult. It is recommended that you visit the Long Day Care Centre you wish your child to attend in advance and place your child on the waiting list (fees may apply).

Long Day Care Centres may be operated on a 'for-profit' and 'not-for-profit' basis. The Centre may be operated or sponsored by; Local Government, Community Based organisation, employer sponsored or privately run by an individual.

Long Day Care services are required to participate in the National Child Care Accreditation system. Ask the service what their current status is or visit the NCAC website to find out [www.ncac.gov.au](http://www.ncac.gov.au)

## LONG DAY CARE CENTRES

### WILLOUGHBY CITY COUNCIL - (NOT FOR PROFIT)

**Devonshire Street Children's Centre:** 36-38 Devonshire Street, Chatswood 2067

Hours: 7.30am - 6.00pm Phone: 9777-7812 Licensed: 59 Age: 0-5 years

Email: [childserv@willoughby.nsw.gov.au](mailto:childserv@willoughby.nsw.gov.au) [www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au)

**Artarmon Children's Centre:** 3 Abbott Rd, Artarmon, 2064

Hours: 7.30am - 6.00pm Phone: 9411-1162 Licensed: 30 Age: 3-5 years

Email: [childserv@willoughby.nsw.gov.au](mailto:childserv@willoughby.nsw.gov.au) [www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au)

### COMMUNITY BASED - (NOT-FOR-PROFIT)

**SBS Child Care Centre:** 14 Herbert Street, Artarmon, 2064

Hours: 8.00am - 6.30pm Phone: 9430-3189 Licensed: 35 Age: 0-5 years

Email: [melissag@sbs.com.au](mailto:melissag@sbs.com.au)

**Possums Corner:** 708 Mowbray Rd, Lane Cove, 2066

Hours: 7.00am - 6.00pm Phone: 9427-7568 Licensed: 64 Age: 0-5 years

### COMMERCIAL - (FOR-PROFIT)

**ABC Developmental Childcare Centre:** 64-66 Tulloh St, Willoughby, 2068

Hours: 7.45am - 5.45pm Phone: 9958-0503 Licensed: 43 Age: 2 - 5 years

Email: [wby@childcare.com.au](mailto:wby@childcare.com.au) [www.childcare.com.au](http://www.childcare.com.au)

**Bambini House:** 17 Johnson Street, Chatswood, 2067

Hours: 8.00am - 6.00pm Phone: 9411-1759 Licensed: 29 Age: 3-5 years

Email: [house@bambinidaycare.com.au](mailto:house@bambinidaycare.com.au) [www.bambinidaycare.com.au](http://www.bambinidaycare.com.au)

**Billy Kids:** level 2, building 3, 354 Eastern Valley Way, 2068

Hours: 7.30 - 6.00pm Phone: 9417-6777 Licensed: 76 Age: 0-5 years

Email: [Willoughby@billykidslearning.com](mailto:Willoughby@billykidslearning.com) [www.billykidslearning.com](http://www.billykidslearning.com)

**Hubbabubba Child Care Centre:** 204 Mowbray Rd Chatswood, 2067

Hours: 8.00am - 6.00pm Phone: 9958-1684 Licensed: 26 Age: 0-3 years

[www.childcare.com.au](http://www.childcare.com.au)

**Kookaburra Kindergarten:** 29 Fullers Rd, Chatswood, 2067

Hours: 7.45am - 6.00pm Phone: 9419-4325 Licensed: 41 Age: 0 - 5 years

Email: [kellykooka@ozemail.com.au](mailto:kellykooka@ozemail.com.au) [www.childcare.com.au](http://www.childcare.com.au)

**Headstart Early Learning Centre:**

Unit 51/28 Barcoo Street, Roseville, 2069

Hours: 7.00am - 6.00pm Phone: 9417 0633 Licensed: 90 Age: 6wks - 5 years

Email: [roseville@headstartelc.com.au](mailto:roseville@headstartelc.com.au) [www.childcare.com.au](http://www.childcare.com.au)

**Berry Cottage:** 9 Talus Street, Naremburn, 2065

Hours: 8.00am - 6.00pm Phone: 9436-3747 Licensed: 68 Age: 0-5 years

Email: [berrycottagechildcare@optusnet.com](mailto:berrycottagechildcare@optusnet.com)

**Butterflies Early Learning & Childcare Centres:** L4, 9 Waltham St, Artarmon, 2068

Hours: 7.30am - 6.00pm Phone: 9438 4884 Licensed: 68 Age: 6wks - 5 years

Email: [admin@butterflies-elc.com.au](mailto:admin@butterflies-elc.com.au) [www.butterflies-elc.com.au](http://www.butterflies-elc.com.au)

**Explore and Develop Artarmon:** 11-13 Campbell St Artarmon, 2064

Hours: 7.30am - 6.00pm Phone: 9436-2155 Licensed: 76 Age: 0 - 6 years

Email: [alisonc@exploreanddevelop.com.au](mailto:alisonc@exploreanddevelop.com.au) [www.exploreanddevelop.com.au](http://www.exploreanddevelop.com.au)

**Chatswood International Kindergarten:** 30-32 Albert Av, Chatswood, 2067

Hours: 7.00am - 6.00pm Phone: 9419-3499 Licensed: 78 Age: 0 - 5years

Email: [cikaust@bigpond.com](mailto:cikaust@bigpond.com)

## LONG DAY CARE CENTRES (CONTINUED)

- Cubbyhouse:** Mowbray Public School, Mowbray Rd, Lane Cove  
Hours: 7am - 6pm Phone: 9418-3888 Licensed: 59 Age: 2 - 6 years  
Email: [director@cubbycc.com.au](mailto:director@cubbycc.com.au) [www.cubbyhousechildcare.com.au](http://www.cubbyhousechildcare.com.au)
- Ekidna Cottage:** 67 Broughton Rd Artarmon, 2064. Enter Via Rimmington St  
Hours: 8.00am - 6.00pm Phone: 9428-4162 Licensed: 25 Age: 2 - 5 years  
Email: [ekidna@iprimus.com.au](mailto:ekidna@iprimus.com.au)
- Farran St Quality Childcare Centre:** 11 Farran St Lane Cove, 2066  
Hours: 7.30am - 6.00pm Phone: 9427-5632 Licensed: 29 Age: 0 - 5 years  
Email: [admin@farranstreet.com.au](mailto:admin@farranstreet.com.au) [www.farranstreet.com.au](http://www.farranstreet.com.au)
- Gumnut @ Forum**  
The Forum West, Mezzanine Level 205 Pacific Highway, St Leonard, 2065  
Hours: 8am - 6pm Phone: 9439 3300 Licensed: 45 Age: 0 - 5 years  
Email: [gumnut@dtel.net.au](mailto:gumnut@dtel.net.au)
- Kidding Around Kindergarten:** 77 Mowbray Rd Cnr Remeura St, Willoughby, 2068  
Hours: 7.30am - 6.00pm Phone: 9958-1164 Licensed: 39 Age: 0 - 5 years  
Email: [kiddingaroundkindy@bigpond.com](mailto:kiddingaroundkindy@bigpond.com)
- Kids Company Zenith** Tower B, Ground Floor, 821 Pacific Highway Chatswood, 2067  
Hours: 7.30am - 6.30pm Phone: 1300 11 5437 (1300 11 KIDS) Licensed: 56 Age: 0 - 6 years  
Email: [zenith@kidsco.com.au](mailto:zenith@kidsco.com.au) [www.kidsco.com.au](http://www.kidsco.com.au)
- Konomi Kindergarten International** 2-4 Penkivill St, Willoughby, 2068  
Hours: 8.00am - 6.00 pm Phone: 9967-2207 Licensed: 60 Age: 2 - 5 years  
Email: [Konomi@ihug.com.au](mailto:Konomi@ihug.com.au)
- Nicky's Kids Town:** 6 Fredrick St, St Leonards, 2065  
Hours: 7.30am - 6.00pm Phone: 9439-5790 Licensed: 43 Age: 0 - 5 years  
Email: [Brenda@nkt.com.au](mailto:Brenda@nkt.com.au) [www.nkt.com.au](http://www.nkt.com.au)
- Nicky's Kids Town Artarmon:** 11 George Place, Artarmon  
Hours: 7.30am - 6.00pm Phone: 9420-0555 Licensed: 56 Age: 0 - 5 years  
Email: [renee.dixon@nkt.com](mailto:renee.dixon@nkt.com) [www.nkt.com.au](http://www.nkt.com.au)
- Nicky's Kids Town Chatswood:** Unit 5, 31 Gibbs St, Chatswood, 2067  
Hours: 7.30am - 6.00pm Phone: 9417-2444 Licensed: 65 Age: 0 - 5 years  
Email: [Brenda@nkt.com.au](mailto:Brenda@nkt.com.au) [www.nkt.com.au](http://www.nkt.com.au)
- Peppers Early Childhood Centre:** 15 Haig St, Chatswood, 2067  
Hours: 8.00am - 5.30pm Phone: 9417-3333 Licensed: 16 Age: 3 - 6 years  
Email: [amber.mckinley@hotmail.com](mailto:amber.mckinley@hotmail.com) [www.pepperspreschool.com](http://www.pepperspreschool.com)
- Puddle ducks Child Care Centre:** 39 Herbert Street, St Leonards, 2065  
Hours: 8.00am - 5.30pm Phone: 9906-3687 Licensed: 15 Age: 2 - 5 years  
Email: [nesna@puddleducks.com.au](mailto:nesna@puddleducks.com.au) [www.puddleducks.com.au](http://www.puddleducks.com.au)
- Sue's Child Care Castle Vale:** 2 Artarmon Road, Willoughby 2068  
Hours: 8.00am-6.00pm Phone: 9958 8859 Licensed: 20 Age: 2-5 years  
Email: [sueschildcare@live.com.au](mailto:sueschildcare@live.com.au)
- Sandcastles Child Care:** L4, 1 Cambridge Lane, Chatswood 2067  
Hours: 7.30 - 6.00pm Phone: 1300 662 497 Licensed: 46 Age: 0-5 years  
[www.sandcastleschildcare.com.au](http://www.sandcastleschildcare.com.au)
- White Rabbit Child Care Centre:** 35 Merrenburn Ave, Naremburn, 2065  
Hours: 7.30am - 6.00pm Phone: 9906-5521 Licensed: 40 Age: 0 - 5 years  
Email: [whiterabbitccc@bigpond.com](mailto:whiterabbitccc@bigpond.com)

## Preschools

Preschools provide care and education for children aged 3 - 5years.

Preschools provide developmentally appropriate and educational programs that reflect key learning areas. These areas include social and emotional development, language development, physical development, creativity and intellectual development. The preschool environment is structured and allows for individual and group learning.

Preschools operate for approximately 40 weeks per year to coincide with the State school calendar. Most preschools operate from 9.00 till 3.00 five days a weeks and offer sessional attendance, either 2 or 3 days a week or morning and afternoon sessions.

Children are required to take snacks and lunch each day and parents are often asked to volunteer on a roster system to assist in the preparation of craft, morning and afternoon tea.

The Department of Community Services licenses preschools. This license requires operators to meet a minimum standard of care, including the number of children the centre can provide care for, staffing levels, space requirements, safety issues and staff qualifications.

The fee structure varies between preschools.

Preschools may be sponsored by a community organisation, church or Local Government or may be privately operated. Often they are managed by a parent committee or may be attached to a hospital, church or school.

Access to preschools within the Willoughby Local Government Area is limited. It is essential that you contact preschools in advance and place your child on a waiting list.

## PRE SCHOOLS

These preschools accept enrolments from all religious denominations.

**Castlecrag Kindergarten (KU):** The Rampart, Castlecrag, 2068

Hours: 9.00am - 3.00pm Phone: 9958 5393 Licensed: 50 Age: 3 ½- 5 years

Mailto: [ku.castlecrag@bigpond.com](mailto:ku.castlecrag@bigpond.com) [www.ku.com.au](http://www.ku.com.au)

**Castlecrag Montessori** 184 Edinburgh Rd, Castlecrag, 2068

Hours: 9.00am - 12.00pm & 12.30pm - 3.30pm

Phone: 9958-7903 Licensed: 40 Age: 3 - 6 years

Email: [castlecragmont@ozemail.com.au](mailto:castlecragmont@ozemail.com.au)

**Chatswood Community Kindergarten (KU):** 9 Victor St, Chatswood, 2067

Hours: 8.30 - 3.30 Phone: 9419-7173 Licensed: 40 Age: 3 - 5 years

Mailto: [ku.chatswoodcomm@bigpond.com](mailto:ku.chatswoodcomm@bigpond.com)

**Chatswood West Kindergarten (KU):** 61 Dalrymple Ave, Chatswood, 2067

Hours: 9.00am - 3.00pm Phone: 9419-6250 Licensed: 40 Age: 3 - 5 years

**Glenaeon Rudolf Steiner School Extended Hours Preschool:**

Glenaeon Rudolf Steiner 118 Sydney St. Willoughby

Hours: 8.30am - 4.30pm Phone: 9412 4457 Licensed: 39 Age: 3 - 5 years

Email: [info@glenaeonpreschool.nsw.edu.au](mailto:info@glenaeonpreschool.nsw.edu.au)

**Cubbyhouse:** Mowbray Public School Mowbray Rd, Lane Cove

Hours: 7.00am - 6pm Phone: 9418-3888 Licensed: 59 Age: 2 - 6 years

[www.cubbyhousechildcare.com.au](http://www.cubbyhousechildcare.com.au)

**East Willoughby Preschool:** Willoughby Park Centre CNR McClelland St & Warrane Rd  
Willoughby

Hours: 9.00am - 3.00pm Phone: 9958-1582 Licensed: 20 Age: 3 - 5 years

Sessions: Mon-Wed or Thur-Fri School Terms only; Mailto: [ewp@exemail.com.au](mailto:ewp@exemail.com.au)

**North Shore Temple Emanuel Preschool:** 28 Chatswood Ave, Chatswood, 2067

Hours: 9.00am - 3.30pm (Mon-Thu) 9.00am - 3.00pm (Fri) Phone: 9412-4839

Licensed: 40 Age: 3 - 5 years Extended hours and CCB available

**Northside Baptist Preschool:** 112 Sailors Bay Rd, Northbridge, 2063

Hours: 9.30am - 3.00pm or 9.00am - 3.30pm

Phone: 9958-6602 Licensed: 40 Age: 3 - 5 years

Mailto: [northside.preschool@bigpond.com](mailto:northside.preschool@bigpond.com)

**St Marks Northbridge Kindergarten:** 1A Mallacoota Rd, Northbridge, 2063

Hours: 9.00am - 3.00pm Phone: 9958-3027 Licensed: 53 Age: 3 - 5 years

Monday, Tuesday, Wednesday - 4 yr olds or Thursday and Fridays - 3 yr olds

Mailto: [smnpk@gmail.com](mailto:smnpk@gmail.com) Sessions: School terms only

**Willoughby Community Preschool:** 7-9 Central St, Naremburn, 2065

Hours: 9.15am - 3.00pm Phone: 9437-4260 Licensed: 45 Age: 3 - 5 years

Mailto: [wcp@bigpond.net.au](mailto:wcp@bigpond.net.au)

Sessions: Mondays, Tuesdays, Wednesdays OR Thursday and Friday

## Out of School Hours Care

An Out of School Hours Care Service (OOSH) provides care for school age children between the ages of 5 and 12 years. The services generally provide care for children before and after school, on pupil free days and during the school holidays.

The care is provided for the school age children to assist parents who are working, studying or seeking employment.

OOSH services offer a leisure program that includes a wide range of activities and experiences in a safe and caring and often convenient location.

The program provides a range of activities which include art, craft, sports, dance, painting, cooking, homework, and general relaxation opportunities after a long day at school.

OOSH services are not regulated or licensed however many follow and implement the voluntary Code of Practice and try to meet the National Standards for Out Of School Hours Care Services. OOSH services that offer the Child Care Benefit are required to participate in the National Child Care Quality Assurance system.

Children can be booked into Before and After School Care services in a permanent position or can access casual bookings if places are available. Fee structures vary from service to service and parents should speak with the staff regarding the individual service fees.

Child Care Benefit is available to families using OOSH, however not all places in OOSH are funded for Child Care Benefit. Speak with Centre staff about the availability of Child Care Benefit (See Child Care Benefit).

Vacation Care programs offer recreational care during School holidays. The services provide fun and exciting programs, which may include excursions or outings within the local area. As with other OOSH services, Vacation care centres are not licensed. Vacation care provides care to children from 5 years of age up to 12 years.

Children are able to enrol in any Vacation care program for the entire school holidays or for individual days. Bookings for Vacation care are undertaken PRIOR to the commencement of the school holidays and parents should contact the individual services to discuss the enrolment process. (For Council services contact 9777-1000)

## OUT OF SCHOOL HOURS CARE SERVICES

WILLOUGHBY CITY COUNCIL - (NOT FOR PROFIT)

[www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au)

### Artarmon OOSH

**Artarmon Before School Care:** Artarmon Kid's Cottage Community Centre  
18 Broughton Road Artarmon, 2064 Pick up from Artarmon Public School

**Hours:** 7.30am - 9.00am      **Phone:** 9777-1082      **Age:** 5 - 12 years

**Artarmon After School Care:** Artarmon Kids' Cottage Community Centre  
18 Broughton Road, Artarmon, 2064 Pick up from Artarmon Public School

**Hours:** 3.00pm - 6.00pm      **Phone:** 9777-1082      **Age:** 5 - 12 years

**Artarmon Vacation Care:** Artarmon Kids' Cottage Community Centre

18 Broughton Road, Artarmon, 2064

**Hours:** 8.00am - 6.00pm      **Phone:** 9777-1082      **Age:** 5-12 years

### Chatswood OOSH

**Chatswood After School Care:** Pick Up from Our Lady of Dolours Catholic School, Chatswood Public School and Willoughby Public School

Chatswood Oval, Albert Avenue, Chatswood. **Phone:** 9413-4799

**Hours:** 3.00pm - 6.00pm      **Office** 9777 7845      **Age:** 5 - 12 years

**Chatswood Vacation Care:** Chatswood Oval, Albert Avenue, Chatswood

**Hours:** 8.00am - 6.00pm      **Phone:** 9777 7845      **Age:** 5 - 12 years

### Naremburn OOSH

**Naremburn After School Care:** Pick up from Willoughby Public School and St Thomas Primary School

Naremburn Community Centre 7-9 Central St, Naremburn

**Hours:** 3.00pm - 6.00pm      **Phone:** 9439-8814      **Age:** 5 -12 years

**Bales Park Vacation Care:** 122 Sydney St, Willoughby, 2068

**Hours:** 8.00am - 6.00pm      **Phone:** 9413-2351      **Age:** 5 - 12 years

## COMMUNITY BASED AND COMMERCIAL BEFORE AND AFTER SCHOOL CARE & VACATION CARE

### The Kids Castle Before and After School Care:

Children from Castle Cove Public School  
Kendall Rd, Castle Cove, 2069 Castle Cove Infants School

#### *Before School Care:*

Hours: 7.15am - 9.15am      Phone: 9417-7183      Age: 5 - 12 years

#### *After School Care:*

Hours: 3.25pm - 6.00pm      Phone: 9417-7183      Age: 5 - 12 years

### Chatswood Public School Before and After School Care

Pacific Hwy, Chatswood, 2067 Children from Chatswood Public School

#### *After School Care:*

Hours: 3.00pm - 6.00pm      Phone: 9410-2457      Age: 5 - 12 years

### Willoughby Kids House Before and After School Care

31 Penshurst St, Willoughby, 2068 Children from Willoughby Public School

#### *Before School Care:*

Hours: 7.30am - 9.00am      Phone: 9958-0913      Age: 5 - 12 years

#### *After School Care:*

Hours: 2.45pm - 6.00pm      Phone: 9958-0913      Age: 5 - 12 years

### Kids Capers: Northbridge Oval, 296c Sailors Bay Rd, Northbridge, 2063

#### *Before School Care*

Hours: 7.00am - 9.00am      Phone: 9958-4551      Age: 5-12 years

#### *After School Care:*

Hours: 3.00pm - 6.00pm      Phone: 0412 398 539      Age: 5 - 12 years

### Cubbyhouse Before and After School Care:

Children from Mowbray Public School  
Mowbray Public School, Lane Cove, 2066

#### *Before School Care:*

Hours: 7.00am - 9.00am      Phone: 1300 553 583      Age: 5 - 12 years

#### *After School Care:*

Hours: 3.00pm - 6.00pm      Phone: 1300 553 583      Age: 5 - 12 years

## Occasional Child Care

Occasional child care is a flexible form of care that is designed to meet the needs of parents that may not necessarily be working and require care on a regular or irregular basis. Parents are able to book their children in for regular visits or can book their child in for care at irregular intervals. Parents only pay for the hours of care they book. Occasional Child Care provides care and education for children aged from 0 - 6 years.

This form of care allows parents to leave their children in an early childhood learning environment to interact and socialise with other children.

Generally Occasional Care Centres operate from 8.30 till 4.30pm. The hours of care that a parent can access may be limited over a four-week period to ensure that there is equity in access for this service type.

Occasional Care Centres are required to employ suitably qualified staff. The number of qualified staff increases with the number and age of children attending the centre. Qualifications of staff include: Bachelor of Teaching/Education (Early Childhood), Associate Diploma (Early Childhood) and Mother Craft Nurses.

The license also ensures that the centre provides written educational programs, with a balance of indoor and outdoor activities for all individual children who are enrolled at the service.

Occasional Child Care offers developmentally appropriate programs, which provides for a range of experiences. These include art, craft, language, music, physical activities and many more.

Child Care Benefit is available to parents using Occasional Care for work or study reasons.

**Chatswood Occasional Child Care Centre:** 45 Orchard Rd, Chatswood 2067

Hours: 8:30am-4.00pm Phone: 9411-2886 Licensed: 28 Age: 6mths-5yrs

**St Ives Occasional Care Centre:** 261 Mona Vale Rd. St Ives

Hours: 9.00pm - 3.00 pm Phone: 9449-5913 Licensed: 25 Age: 0-5 yrs

**Turrumurra Occasional Child Care:** 13 Gilroy Rd, Turrumurra 2074

Hours: 9:00am - 3.30pm Phone: 9988-3383 Licensed: 36 Age: 6wks -5yrs

**Lane Cove Occasional Care Centre Inc.**

Phoenix St (opposite no22), Lane Cove 2066

Hours: 8.30am - 3.30pm Phone: 9428-2324 Licensed: 29 Age: 0-5 yrs

**Cammeray Occasional Care Centre:**

Kendall Community Centre, Warrick Ave, Cammeray 2062

Hours: 9:00am - 4.00pm Phone: 9955-4244 Licensed: 20 Age: 0 -5yrs

**Crows Nest Occasional Child Care Centre (CNOCCC):** 2 Ernest Place, Crows Nest.

Hours: 8.30 until 3.30 Phone: 94364118 License: 15 Age: 6 mnth-5 yrs

## **Family Day Care**

Family Day Care is a child care service that is provided by an individual carer within his or her own home. The carer provides care for up to 7 children under the age of 12 years within the home environment. Willoughby City Council operates this scheme, in association with Lane Cove Council across the Willoughby and Lane Cove Local Government areas.

The Coordination Unit (Willoughby City Council staff) is responsible for the licensing and support of the carers within the scheme. The Coordination Unit completes Home inspections to ensure that the homes are safe and secure for the children attending.

The fee structure for Family Day Care is deregulated, and therefore the carers are able to negotiate hours and fees with individual families. Child Development Officers visit the homes on a regular basis to provide the carer with support, program ideas and also to supply toys and equipment as required.

Child Care benefit is available to families accessing this care.

### **Family Day Care Services**

#### **Willoughby/ Lane Cove Family Day Care**

Artarmon Community Centre

18 Broughton Rd, Artarmon - Located at Kids Cottage

**Office Hours:** 8.30am - 5.00pm

**Phone:** 9777-7839

**Age:** 0 - 5 years

Hours of care are negotiable to meet the individual needs of the family.

#### **Chinese Family Day Care**

4 - 46 Sixth Ave, Campsie

**Phone:** 9718-3999

## Home Based Care

Home Based Care is a Child Care service that is provided by individual carers within their own home. The carer provides care for up to 7 children under the age of 12 years, including the carer's own children, 5 of whom have not yet started school, within the home environment. Care can also be provided for school age children before and after school.

Home-based carers provide a secure and safe environment where the children can explore and develop within a home environment. Activities such as art, craft, and music are provided to meet the needs and interests of the children.

The Department of Community Services licenses Home Based Care and is responsible for overseeing the operations to ensure they comply with licensing standards.

Home based carers are not required to hold any formal training in child care or education; however they must hold a current first aid certificate.

The hours of attendance are flexible based on the needs of the carer and the family, and home-based care can offer care based on full time or part time and even short or long days.

The fee structure is set by the individual carer and therefore may vary. Some carers provide meals for the children whilst others require parents to provide all meals and drinks for their child.

## **HOME-BASED CARE PROVIDERS**

### Child Care House

3 Brand St, Artarmon, 2064 (Est since 1978)

**Contact:** Diane Baphis                      **Phone:** 9419-6946                      **Licensed:** 7

### Norma's Day Care

High St, Chatswood, 2067

**Contact:** Norma Elcheikh                      **Phone:** 9417-3621                      **Licensed:** 7

### Lenore's Childcare Service

Mowbray Rd, Chatswood, 2067

**Contact:** Lenore Batchem                      **Phone:** 9419 3377                      **Licensed:** 7

### Willoughby Children's Services

8 Ward St., Willoughby, 2068

**Contact:** Nancy                      **Phone:** 9967 4959                      **Licensed:** 7

### Chatswood West Childcare Service

115 Fullers Rd, Chatswood, 2067

**Phone:** 9411 6691

**Contact:** Sabine

Email: [sabine\\_pr@hotmail.com](mailto:sabine_pr@hotmail.com)

## Additional Needs

### **Child First School Holiday Programs**

1228 Pacific Hwy, Pymble 2073

(Cnr Beechworth Rd)

Phone: 9440 1344

The programs cater for children 4 to 12 years of age with moderate to severe disabilities. The Child First team are experienced therapists who are committed to providing the highest standard of rehabilitation and therapy to children. Occupational Therapists, physiotherapists, speech pathologists, educational specialists and an artist are involved in the development of the programs. Programs are flexible to meet the needs of all children and families and include Fine Motor groups through Arts and Craft for children with varying levels of abilities.

The programs that include the services of an occupational therapist or speech therapist may attract a rebate from some Private Health funds.

### **Early Education (Early Ed) Inc**

3 Cummingham St, North Sydney

Phone: 9923-2727

Early Ed is an early childhood intervention programme for children with disabilities or delays in their development. This is a non-profit organisation that employs experienced staff which include Early childhood Special Education teachers, physiotherapists, speech pathologists, teachers aids, and family support workers. The service offers programs to children who have a diagnosed disability and/or difficulties in the following areas: physical, intellectual, communication, play, sensory, social, emotional and behaviour.

### **Special Needs Playgroup**

Chatswood Assessment Centre

46 Hercules St, Chatswood, 2067

**Sessions:** Wednesday School Term Only

**Times:** 10.00am - 12.00 noon

Pre bookings are essential and parents are required to stay with their child.

**Phone:** 9448-3182

**Contact:** Jan Glover

### **Intensive Family Support Options**

C/- Spastic Centre of NSW

McLeod Centre

189 Allambie Rd, Allambie Heights, 2100

Phone: 9972 8177

Email: [dcoles@tscnsw.gov.au](mailto:dcoles@tscnsw.gov.au)

The service supports families with a child or teenager (0-18yrs) with any sort of disability - physical, intellectual or sensory. The IFSO service is free of charge and your other supports and services can stay in place while you are using the service. It is

a family support team that works with families under stress; provides or helps families get information, counselling or practical assistance for a wide range of issues.

IFSO service is for families living in one of these local government areas:  
Hornsby, Hunter's Hill, Kuringai, Lane Cove, Manly, Mosman, North Sydney, Pittwater, Ryde, Warringah and Willoughby.

### **Lifestart**

Northern Area and Nepean: Phone (02) 9940 0344  
Eastern Sydney and Inner West: Phone (02) 9572 9222  
Cumberland/Prospect: Phone (02) 9659 9766  
Email: [Lifestart@ozemail.com.au](mailto:Lifestart@ozemail.com.au)  
Website: [www.lifestart.org.au](http://www.lifestart.org.au)

Lifestart offers services to families who have a child with a disability or a delay in development, or a child who is at risk of delay. These services include early childhood intervention services for babies, toddlers and preschoolers and their families and services for school aged children.

It is a not-for-profit co-operative run by members for the benefits of members. Lifestart strives to offer a family centred service which responds flexibly to family priorities and to changing family needs. Lifestart values and fosters family-to-family support. Lifestart was founded by families and driven by families.

### **Association for Children with a Disability NSW.**

This service provides information and support to families who have a child or young adult with a disability or developmental delay. The association has "Through the Maze" is a publication that list services and agency that can assist children with a disability. This is available from the association website as a PDF download  
Phone 1300 851 603 [www.acdnsw.org.au](http://www.acdnsw.org.au)

## Play Groups

The hours and days of operation of playgroups often change. Contact the Playgroup Association for up-to-date information on the playgroup sessions in your area. **Phone:** 1800 171 882 **Fax:** 9604-5541

### Playgroup Association of NSW

Regional Development Consultant for Willoughby Local Government Area,

**Name:** Anna Robinson **Phone:** 96165215 or 0409651471

**Email:** [arobinson@playgroupnsw.com.au](mailto:arobinson@playgroupnsw.com.au)

### Crows Nest Campus of Tafe

149 West St, Crows Nest

**Hours:** Mon - Fri 10am - 12amPlus Tues 2pm - 4pm

**Phone:** 9448-4485 **Age:** under 5 years

### Artarmon Children's Playgroup

St Basil's Church Hall 6 Broughton Rd, Artarmon, 2064

**Sessions:** Tuesday **Times:** 9.30am

**Playtime in the Park:** Meeting House, 25 Stokes Rd, Lane Cove, 2066

**Sessions:** Friday **Times:** 10.00am - 12.00 noon School terms only

### Chatswood Baptist Church

Cnr. Albert Ave and Orchard Rd, Chatswood, 2067

**Sessions:** Tuesday **Times:** 10.00am - 12.00 noon

### Glenaeon Rudolf Steiner School Playgroups

Preschool campus, 118 Sydney Street, Willoughby

**Session:** Tuesdays during school term **Time:** 1:30-2:30pm

**Age:** Babies not walking K-2 campus, 121 Edinburgh Road, Castlecrag

**Session:** Mondays & Tuesdays during school term **Time:** 9:30-11:30am **Age:** 2-3yrs

**Session:** Wednesdays during school term **Time:** 9:30-11:30am **Age:** 3-5yrs

**Booking essential:** 9932 2325 Email: [info@glenaeon.nsw.edu.au](mailto:info@glenaeon.nsw.edu.au)

### Willoughby Japanese Playgroup

St.Johns Anglican Church Hall cnr Warrane Rd/McClelland St, Willoughby, 2068

**Sessions:** Tuesday, Friday **Times:** 10.00am - 12.00 noon

### Korean Playgroup

St Basil's Church Hall 6 Broughton Rd, Artarmon, 2064

**Sessions:** Friday **Times:** 10.00am - 12.00 noon

### Longueville Playgroup

St Aidan's Church Hall, Christina St, Longueville, 2066

**Sessions:** Friday **Times:** 10.15am - 12.15 noon

### Northbridge Playgroup (School Terms)

Warners Park Centre. End of The Outpost Street, Northbridge, 2063

**Sessions:** Monday **Time:** 10.00am Wednesday **Time:** 10.00am

Friday **Time:** 9.30am

**Naremburn Playgroup**

Naremburn Community Centre. Central St, Naremburn, 2065

**Sessions:** Wednesday and Thursday      **Times:** 10.00am - 12.00 noon

**Roseville Playgroup**

Uniting Church Moore St, Roseville, 2069

**Sessions:** Thursday      **Times:** 10.00am - 12.00 noon

**Jelly Beanz' Playtime**

St. Paul's Anglican Church Hall 1 View St, Chatswood, 2067

**Sessions:** Tuesday & Wednesday      **Times:** 10.00am - 12.00 noon

**St Barnabas Playgroup**

St Barnabas Church Hall, Cnr Macquarie and Williams St, East Roseville, 2069

**Sessions:** Monday and Wednesday      **Times:** 10.00am - 12.00 noon

(Operates through the school holidays)

**Willoughby Bales Playgroup**

Bales Park Pavillion, Sydney St, Willoughby 2068

**Sessions:** Wednesday, Friday      **Times:** 9.30am

**Willoughby Playgroup**

Uniting church Moore St, Roseville, 2069

**Sessions:** Wednesday      **Times:** 9.30am - 11.30am

**Special Needs Playgroup**

Chatswood Assessment Centre 46 Hercules St, Chatswood, 2067

**Sessions:** Wednesday School Term Only      **Times:** 10.00am - 12.00 noon

Pre bookings are essential and parents are required to stay with their child.

**Phone:** 9448-3182      **Contact:** Jan Glover

**Cammeray Playgroup**

Kendall Community Centre Warwick Avenue, Cammeray 2062

**Sessions:** Wednesday 9.30am (General)

**Jellytots Playgroup**

Chatswood South Uniting Church, 518 Pacific Highway, Artarmon 2064

**Sessions:** Tuesday      **Times:** 10.00am - 12.00 noon      **Phone:** 0409 154 273

**St Michael's Playgroup**

St Michael's Church 204 Longueville Rd, Lane Cove

**Sessions:** Tuesday      **Times:** 10.00am      **Phone:** 9420 4649

**St Stephen's Playtime**

St Stephen's Church 211 Mowbray Rd, Chatswood 2067

**Sessions:** Mon to Fri      **Times:** 10.00am - noon      **Phone:** 9415 1727

## Foreign Language Play Groups

### Spanish Speaking Playgroup (1)

Amiguitos de Bondi, Cnr. Brighton Boulevard & Wairoa Ave, Bondi

**Sessions:** Thursdays      **Times:** 2.30-4.30pm      **Enquiries:** Andrea 9389 8037

### Spanish Speaking Playgroup (2)

Chiquitines en Kirribilli

**Sessions:** Saturdays (fortnightly) **Times:** 3.30 - 5.30pm

**Enquiries:** Natalia 9955 4868 or Maria 8920 1329

### Spanish Speaking Playgroup (3)

Hornsby Youth Centre, Cnr Burdett & Muriel Streets, Hornsby

**Sessions:** Mondays      **Times:** 10.00am - 12 noon      **Enquiries:** Erika 9476 8129

### Dutch Speaking Playgroup

Manly-Dee Why Area

**Sessions:** Twice monthly **Enquiries:** Toni 9401 0499

### French Speaking Playgroup (1)

The Meeting House, 25 Stokes Street, Lane Cove NSW 2066

**Sessions:** Wednesday 10.00am & Thursdays 10.00am      **Phone:** 8901 0968

### French Speaking Playgroup (2)

Les Bouts d'choux, Killarney Heights, NSW

**Sessions:** Fridays      **Times:** 9.30-11.30am      **Enquiries:** 8901 0479

### Willoughby Japanese Playgroup

St. Johns Church Hall, Cnr Warrane Rd/ McClelland St, Willoughby, 2068

**Sessions:** Tuesday, Wednesday Friday      **Times:** 10.00am - 12.00 noon

### Korean Playgroup

St Basil's Church Hall, 6 Broughton Rd, Artarmon, 2064

**Sessions:** Friday      **Times:** 10.00am - 12.00 noon

### Japanese Playgroup

Hornsby Youth Centre Cnr Burdett & Muriel Streets, Hornsby

**Sessions:** Tuesdays      **Times:** 12.30pm - 2.30pm      **Enquiries:** Shiori 9482 9989

### Italian Speaking Playgroup

South Carlton

**Sessions:** Tuesdays      **Enquiries:** Cinzia 0400 335 435

### Chinese Language Playgroup (For Cantonese/Mandarin speaking families)

Hornsby Youth Centre Cnr Burdett & Muriel Streets, Hornsby

**Sessions:** Mondays      **Times:** 12.30pm - 2.30pm      **Enquiries:** Robyn 9987 1491

**Portuguese Speaking Playgroup**

126-128 Holden Street, Ashfield

**Sessions:** every second Wednesday **Times:** 10.00am-12 noon

**Enquiries:** Michelle 8850 5111 or Jacquerli 0414 453 887

**Brazilian Playgroup** (For children to socialise in Portuguese)

AB2CD (Brincando) Rm 38 Forestville Public School, Darley St. Forestville

**Sessions:** Fridays **Times:** 10.00am - 12.00 noon

**Serbian Playgroup**

Bubamara, St Lazarus Serbian Orthodox Church, Alexandria

**Sessions:** Wednesdays **Times:** 9.30pm - 11.30am **Enquiries:** 0438 844 090

**Chinese Grandparents Playgroup**

Chatswood Youth Centre 64 Albert Ave, Chatswood

**Sessions:** Wednesday **Times:** 10.00am - 12.00noon

**Enquiries:** 9481 4011, 0439 589 531 Peta or 0439 028 672 (Chinese)

**Good Beginnings Chinese Playgroup**

Artarmon Kids Cottage Community Centre, 18 Broughton Rd, Artarmon

**Sessions:** Thursday **Times:** 10.00am - 12.00noon

**Chatswood Baptist Church**

**Chinese Playgroup** Cnr. Albert Ave and Orchard Rd, Chatswood, 2067

**Sessions:** Wednesday **Times:** 10.00am - 12.00 noon

## OTHER SERVICES FOR FAMILIES WITH CHILDREN

### Health & Fitness Centres & Services with Child-Minding Facilities

**Living Well Health Clubs:** 350 Eastern Valley Way, Willoughby NSW 2068

**Ph:** 8962 6000

**Space Health Clubs Pty Ltd:** 24 Endeavour Street Chatswood NSW 2067

**Ph:** 9411 4600

**In Shape for Life:** Willoughby Leisure Centre, 2-4 Small Street, Willoughby NSW 2068

**Ph:** 1300 666 936

### Chatswood Early Childhood Health Centre

42 Hercules St, Chatswood, 2067

**Ph:** 9448 3155     **Hours:** Mon, Tues, Friday 9am - 12.30pm (drop in)

Appointments can be made in the afternoons. Appointments are available on Thursdays and Wednesday mornings

Provide free support and advice for parents with children 0-5 years of age. Parents must live in the Chatswood, Lane Cove, Artarmon, Cremorne, Crows Nest, Willoughby, Mosman and North Sydney areas.

### Crows Nest Early Childhood Health Centre

2 Ernest Pl, Crows Nest, 2065

**Ph:** 9438-3019     **Hours:** Mon - Friday. First visit by appointment.

Offers support and advise to parents with children 0-5 years old. Provides for regular developmental checks and referrals when necessary. Offers a resource centre as well as parenting groups.

### Northbridge Early Childhood Health Centre

11 Eastern Valley Way, Northbridge, 2068

**Ph:** 9958-5812     **Hours:** Tues & Thurs 9am - 12.30pm & 2pm - 4pm

Free information provided by registered nurses on all aspects health for children 0-5 years

### Willoughby Early Childhood Health Centre

191 Penshurst St, Willoughby, 2068

**Ph:** 9419-8320     **Hours:** 9.am - 12.30pm & 2pm - 4pm

Offers support, referrals and developmental checks for parents with children 0-5 years of age.

### Tresillian Family Care Centre Willoughby

2 Second Ave Willoughby, 2068

**Ph:** 8962-8300     **Hours:** Mon - Fri Programme

This is a residential program that offers an intensive style of care for families that are experiencing difficulties with young children. Individual management plans are designed to help families during the 5-day stay.

**Tresillian Family Care Centre and Outreach Home Visiting Service**

25 Shirley Rd, Wollstonecraft, 2065

Ph: 9436-4086    **Office Hours:** Mon - Fri 8.30 - 5pm

Day clinic and home visiting service provides parent craft support and advice.

Referral by Health professionals

**Docs Help Line**

PO BOX 995 Parramatta, 2150

Ph: 132 111    **Hours:** 24 hours 7 days a week

24 Hour state-wide child protection and family crisis intake service. Service accepts reports of child at risk issues.

**Immunisation Clinic**

Willoughby City Council

Dougherty Community Centre, 7 Victor St, Chatswood

Ph: 9777-7655    **Hours:** 1<sup>st</sup> Thurs of the month 2pm - 3.30pm & 6pm - 7.10pm

For Measles, mumps, rubella 2pm - 3.10pm & 6pm - 7.20pm

**Chatswood Child & Family Health Service**

44 Hercules Street, Chatswood 2067

Ph: 9448 3155    **Hours:** Mon -Fri 8.30am-5.00pm

Provides counselling for children up to 12 years of age and their families, speech and language therapy, services to children with motor, perceptual and developmental difficulties. Counselling for emotional/behavioural problems. Assessment and treatment of speech/language problems. Hearing clinic for children 3-18 years. Assessment of developmental problems. This service is available for children who live in or attend pre-schools or schools 5 days a week in the local government areas of Willoughby, Lane Cove, North Sydney, or Mosman.

**Parent Line**

4/276 Pitt Street, Sydney 2000

Ph: 13 20 55    **Hours:** Mon-Sat 9am-4.30pm

A telephone counselling, information and referral service for parents and carers of children aged 0-18 years in NSW. Parent Line is a professional service and can help with all problems of parenting such as behaviour problems, adolescent issues, baby & toddler problems, family relationships and school related issues.

**24 Hour Parent Helplines**

Karitane 1300 227 464/9794 1852

Tresilian 1800 637 357/9787 0855

**Domestic Violence Helpline**

1800 656 463

**Mensline Australia**

1300 789 978

**Sane Australia Mental Health Helpling**

1800 688 382

**Early Childhood Intervention Information Line**

1300 656 865

## PARENTING WEBSITES

### **Breast-feeding Association**

The Breast Feeding Association is an organisation that promotes breastfeeding within the community. The organisation is run by a group of interested professionals and parents that provides information, support and guidance to breastfeeding mothers. This website is comprehensive and the main menu includes a Helpline, breast feeding information (over 30 fact sheets), Discussion Board, Products and Services and many more. The Discussion Board allows parents to talk with other parents about breastfeeding and related topics.

The fact sheets are detailed and include topics such as breast and nipple care, 'Just for fathers', 'Too much milk' and many more.

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### **Mothers Direct**

This website is a guide to shopping at home for all your self-care and baby needs. Items available include Breast care, Skin Care, Bras, Pumps, Slings, Toys, Publications, Household, Apparel, Bedding, Music, aromatherapy, Safety.

[www.mothersdirect.com.au](http://www.mothersdirect.com.au)

### **NSW Commission for Children and Young People.**

The Commission is an organisation that takes on a leading advocacy role for children and young people. The Commission report to the NSW Parliament and the Parliamentary Committee for Children and Young People.

The website includes information for both children and parents.

There are links associated to the site for parents and children. Parents can access information on bullying, parenting skills and many more whilst children can access information on bullying, sports, music and more.

[www.kids.nsw.gov.au](http://www.kids.nsw.gov.au)

### **Kids Helpline**

Kids Help line is a national phone and web based counselling services for children and young people who need guidance and support. The help line is aimed at children 5 to 18 years and is a confidential service.

This website provides online counselling for children along with information on other services that can help a child who is having a difficult time. The site also includes information and associated links for parents and children.

There are info sheets on topics such as peer relationships, bullying, and links to websites to help with topics like eating disorders, grief and loss and many more. Toll free telephone number is 1800 551800

[www.kidshelp.com.au](http://www.kidshelp.com.au)

### **NSW Centre for Parenting and Research**

This website contains information for parents on a range of topics. The site contains a search engine that allows you to select the age and topics that you wish to obtain information on. Parents can assess information on positive discipline strategies, starting school, parenting preschoolers and much more. The site also contains a fun and games menu which allows you to see what's happening in the National Parks, What's on in Sydney, or what's happening at the Power house Museum, just to name a few. In this menu there is a great guide to associated links for the children, such as the Wiggles website.

The site also contains a 'getting help' menu which provides a listing of a range of services, such as Child Health Clinic, child care centres, toy libraries and playgroups.

[www.parenting.nsw.gov.au](http://www.parenting.nsw.gov.au)

### **Nutrition Australia**

This website contains information for parents on healthy eating for all members of the family. It contains fact sheets on food for all ages, food activities, publications such as cookbooks and individual recipes for you to use in your home. It also contains links to other organisations such as Diabetes Australia and the heart foundation.

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

### **The Children's Hospital at Westmead**

This website contains invaluable fact sheets for families. The fact sheets provide information within 17 categories, such as Common illness, Infections, ear, face, mouth, bones and skin.

Within each category there are numerous individual fact sheets, such as bed-wetting, Meningococcal infection, bites and stings, burns language development and many more. Some fact sheets are available in a variety of languages.

In addition the site provides parents with information about the hospital itself.

Safety is an area that is covered comprehensively in this website. This menu item includes an A-Z of safety fact sheets. For example you can look at a fact sheet on Poisonous plants, Bean bags, Cots, mobile phones, toy boxes just to name a few.

[www.chw.edu.au](http://www.chw.edu.au)

### **The Family Assistance Office**

This website provides information for parents on family payments and child care benefit.

[www.familyassist.gov.au](http://www.familyassist.gov.au)

### **Child Link**

Child link is a website operated by The Department of Community Services. It provides details of all licensed child care centres in NSW. The site also has a search engine, which allows you to effectively search for child care centres in your area. The site provides information on how to select a childcare service, how it is funded and what to look for in a service. It also allows you to search for centres that are able to cater for children with special needs.

[www.childlink.com.au](http://www.childlink.com.au)

### **National Childcare Accreditation Council Inc.**

The National Childcare Accreditation Council (NCAC) aims to support families in finding quality care for their children. They set quality standards for child care services receiving Child Care Benefit - these standards are reflected through the Quality Assurance, or Accreditation, process. To assist families seeking child care, NCAC provides the names of registered services through an easy search facility on

[www.ncac.gov.au](http://www.ncac.gov.au)

The **Department of Community Services Centre for Parenting & Research** have developed the following list of websites that provide high quality, accessible information on a wide range of parenting topics.

### **Raising Children**

The Raising Children website has been developed by a consortium of three early childhood agencies: Smart Population Foundation, the Centre for Community Child Health and the Victorian Parenting Centre. The site provides a comprehensive range of quality-assured information for parents of children birth to eight years.

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**Centrelink** 136 150 [www.centrelink.gov.au](http://www.centrelink.gov.au)

### **Parenting SA**

Parenting SA is administered by Children, Youth and Women's Health Service, SA. The site contains Parent Easy Guides (PEGs) which bring simple, easy-to-read information on many of the issues faced by parents from birth through adolescence.

[www.parenting.sa.gov.au/pegs/](http://www.parenting.sa.gov.au/pegs/)

### **Healthy Start**

The Healthy Start website offers educational resources designed for parents with learning difficulties who have children under 5 years of age. This website also offers links to research and home-based training programs.

[www.healthystart.net.au](http://www.healthystart.net.au)

### **Early Childhood Australia**

The Early Childhood Australia website focuses primarily on supporting best practice. It contains quality assured early childhood resources and information from a range of people working within the early childhood field.

[www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au)

### **Father-Inclusive Practice**

This website offers information about the inclusion of fathers in parenting. It includes information, resources and fact sheets which promote father inclusive practices.

[www.newcastle.edu.au/centre/fac/efathers/includingfathers](http://www.newcastle.edu.au/centre/fac/efathers/includingfathers)

### **Mental Health Association**

The Mental Health Association website offers state-specific information and fact sheets on mental health issues. This includes information on childhood disorders and resources for children who have a parent with a mental illness.

[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

### **NSW Health**

NSW Health publishes a wide range of materials about health related issues, including resources about parenting issues. Resources are available in a range of community languages.

[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### **Strengthening Families, Resourcing Parents**

This initiative is funded by Families NSW to assist parents with information on parenting, parent education and support for families.

[www.resourcingparents.com.au](http://www.resourcingparents.com.au)

### **Other Websites for Families With Children**

[www.parenting.nsw.gov.au](http://www.parenting.nsw.gov.au)

[www.health.nsw.gov.au](http://www.health.nsw.gov.au) (information in many languages)

[www.karitane.com.au](http://www.karitane.com.au)

[www.earlywords.info](http://www.earlywords.info) (information in many languages)

[www.cs.nsw.gov.au/tresillian](http://www.cs.nsw.gov.au/tresillian)

[www.zerotothree.org](http://www.zerotothree.org)

[www.kidsafensw.org](http://www.kidsafensw.org)

[www.community.nsw.gov.au](http://www.community.nsw.gov.au)

[www.school.nsw.edu.au](http://www.school.nsw.edu.au) (information in many languages)



Australian Government

Need to know more about CHILD CARE?  
**CHILD CARE ACCESS HOTLINE**  
**1800 670 305**  
FREECALL\*

Up-to-date information for parents on:

- child care services in your area
- the types of care
- Australian Government help with the cost of care
- how to choose a quality service

The Child Care Access Hotline can also help employers support employees by supplying information on child care options

**A Personalised Information Service  
for Parents and Employers**

Teletypewriter (TTY) Service Freecall 1800 639 327\*  
(only for people who are deaf or who have a hearing or speech impairment). A TTY phone is required to use this service.  
A translating and interpreting service is also available

**Hotline Hours:**

**Monday to Friday 8.00am to 9.00pm AEST**

[www.faes.gov.au/childcare](http://www.faes.gov.au/childcare)

\* Calls from public pay phones or mobile phones may be charged at a higher rate

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