



## *Your emotional health is our greatest concern.*

Women's Emotional Health Service  
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We believe you are the expert when it comes to guiding your child, but we also understand that parenting can be challenging.

Parents with young children under 6 years old often have many questions and face obstacles on the road of parenting. Understanding and responding to the needs of your young child can help you build a happier and healthier family with strong and loving relationships.

At the WEHS, our occupational therapists use a strength-based and family-centred approach to work with you to :

- Support you through common parenting challenges in the early childhood years
- Offer strategies to encourage and nurture your child's development

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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## *Parenting Services*

solutions for parents :

1. how to get your baby to sleep at night?
2. how to pacify a crying baby?
3. how to deal with a toddler who is throwing a tantrum?
4. when to discipline your child?
5. when to take time-out?





happy parents  
happy baby

At the WEHS, we aim to make parents feel confident in their parenting role, as well as enable them to form strong and resilient relationships with their children.

We offer services for :

## Infants (0-12 months)

- Establishing sleep routines for your baby
- Understanding and coping with a fussy baby
- Preparing your baby for a feed / mealtime
- Establishing play routines for your baby



## Toddlers (1-3 years old)

- Managing tantrums, anger and aggression
- Disciplining your toddler
- Managing sibling rivalry
- Establishing mealtime routines for active toddlers
- Learning through play - building play skills



## Preschoolers (4-6 years old)

- Building friendships in school
- Successful learning through play



## Self-Care for Mums and Dads

- Establishing a leisure routine for yourself
- Transiting and adjusting to work after prolonged leave
- Planning stress management and relaxation activities

