



Parent Line counsellors can help with everything from:

- settling and feeding newborns and babies
- toddler taming
- managing child care and school transitions
- support during family separation
- managing stress and anxiety



Parent Line NSW

1300 1300 52

[Parentline.org.au](https://parentline.org.au)

✉ info@parentline.org.au

🕒 9am-9pm weekdays | 4pm-9pm weekends