



Baby talk: Fairfield MP Joe Tripodi and Health Minister Reba Meagher with mother Maria Pham, who said even though she educated herself for baby Nathan's birth she needed Karitane's help. **Picture:** Gene Ramirez

Karitane expands

By Jenna Daroczy

WHEN Health Minister Reba Meagher opened the \$4.5 million redevelopment of the Karitane parenting centre at Carramar on Friday, she acknowledged "the most handsome man in the universe".

"Five-months-old Nathan Pham is a fabulous example of the work that goes on here; his enthusiasm for the world around him means he's reluctant to close his eyes when he needs to," she said.

"The staff here are making a real difference in settling him and giving his mother the tools for a great start to his life."

Karitane helps new mothers with post-natal depression or babies having sleep difficulties,

as well as expectant mothers. The redevelopment includes a new post-natal depression unit, education and research facilities, offices, a clinic for toddlers and an outreach service.

Naomi Laplain, the consumer representative at Jade House, a unit for post-natal depression clients, said: "I had severe postnatal depression after my first son was born but the only support I had was two home visits from a mental-health nurse.

"After finding Jade House and being reunited with the one counsellor I had connected with during my second pregnancy, I realise how much stronger this journey has made me.

"It's my hope more mothers are able to access vital support like this."