

**ANNOUNCING OUR NEW CLINIC LOCATION:** Anne Thistleton: The Baby Calmer and Anne Thistleton Counselling are now operating from Sadliers Crossing, Ipswich.

Home visiting (within the Ipswich, Brisbane, Gold Coast, Sunshine Coast and Toowoomba areas) and zoom sessions (worldwide) are still available, however, all face-to-face clinic sessions will now be held in our new Ipswich rooms.

Our postal address remains the same: PO Box 627, Mount Ommaney, QLD, 4074.

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Having arrived at this website, chances are that something is calling you to seek help or support, to learn more about parenting and relationships, or to look at ways to heal or transform aspects of your life that currently impact on you and/or your whole family. Whatever it is that brought you here -

**W**  
**elcome!**

## Why Choose Anne Thistleton: The Baby Calmer?

- Are you feeling **overwhelmed** by the plethora of **conflicting** parenting information and advice currently available online and offered within your local community?
- Are you **unwilling** to potentially expose your baby, toddler or young child to **punitive parenting practices** or philosophies that **do not honour the attachment and bonding process** between parents and their children?
- Are you seeking **qualified** parenting support that embraces the most current **holistic research** and accurately shares and supports what we know to be the **'optimal' conditions for infant and early years development**?
- Are you struggling to find a parenting support service that provides and guarantees **safe, gentle, emotion-focused, attachment theory based sleep advice**?
- Are you open to **cutting edge early parenting information, advice and support**?
- Are you willing to **step into a process** that will help guide you towards **the most developmentally appropriate and therapeutically beneficial options**?

, to

**enhance your parenting skills and capacity**

, and

**create a significant positive difference**

to your current parenting concerns and / or your baby, toddler or young child's current presenting issues?

Hello, I'm Anne Thistleton (B.Ed; M.REd; M.Couns; Grad. Dip. Nut Med - MHealth; Cert EF & TTh; Cert SP & SW; CIMI) aka The Baby Calmer and Anne Thistleton Counselling.



The services that I currently offer, aim to support infants, toddlers, young children, teenagers and adults. I predominantly support new parents and families as an **Infant and Early Years Sleep Therapist**, **Infant**

**and Early Years Parenting Consultant and Educator**

, and in my work as a qualified

**Psychotherapist**

. I specialise in supporting families through a range of challenges that might occur during the pre, peri and postnatal period ... in particular early parenting challenges, pre and post natal depression, birth trauma for parents, babies, children, adults and birth workers, PTSD, bonding and attachment disruption, marital/relationship stress, family conflict, etc, along with helping individuals who present with: grief and loss issues, challenging and misunderstood behaviours (in particular, for young children and adolescents), ADD/ADHD, ASD, and experiences of school/workplace bullying & harassment.

As a qualified

**Mental Health Nutritionist**

, I assist clients who are seeking to support their mental health with nutritional medicine.

My parenting support, advice and information is predominantly based on current neuroscience, attachment theory and research, epigenetics, neurobiology, psycho-neuroimmunology, sociology, pre and perinatal psychology, emotion-focused frameworks and philosophies and our basic, human biological and emotional needs. And whilst all this science is important, I also aim to support clients to return to their own inner guidance, and their own unique way ... towards calmer parenting, calmer children, calmer families, calmer relationships and calmer lives.

My counselling services are offered within a framework that includes practical support and advice, including talking therapy ... as well as paying attention to somatic processes and responses, and emotional and meaning making processes and responses (utilising somatic experiencing, sandplay therapy, aromatherapy and craniosacral therapy). This helps clients to 'get to places' that talking doesn't reach.

The full range of services I offer  
[\(click here for more details\)](#)

My **qualifications and training** ( [click here to learn more about me](#) ) afford me the opportunity to offer clients the benefits of over sixteen years of extensive tertiary, university and post grad training in the fields of education, counselling, emotion focused and transpersonal therapy, sandplay therapy, nutritional medicine, pre and perinatal psychology; clinical birth trauma therapy; aromatherapy; somatic experiencing; and craniosacral therapy, along with almost **thirty years of employment and clinical experience** supporting children, parents and families in a range of educational and therapeutic contexts.

In my clinical practice, **I am professionally supervised and mentored by some of the world's leading experts** in early parenting, bonding and attachment; infant and early years development; pre and perinatal psychology, and clinical birth trauma therapy.

Once again, I would like to welcome you to this website, and I look forward to offering **a safe space, and an empathic and non-judgemental listening ear, to help support you and carry you through this challenging time?**

Warmly, Anne Thistleton