



Media kit

Brita Golsby-Smith

Registered Nurse · Feeding and settling support for parents and babies

Family-centred, neurodevelopmental care for feeding, settling and the shape of your days and nights. NICU-trained Registered Nurse (Ahpra NMW0002327674), studying toward IBCLC certification. Home visits from Otford to Shell Cove, and clinic sessions at the clinic, Wollongong.

For parents, GPs, midwives, child and family health nurses and other referrers. Share freely — this kit is general information only and is not individual health advice.

Services and fees

All sessions are one-to-one with Brita. Fees shown are the total payable; no Medicare or private health rebates apply.

Home visit — \$250

90 minutes

In your own home on a Monday, 9:30–11:00am, for families from Otford to Shell Cove. Same fee as in clinic. Feeding, settling and routine support where your baby actually sleeps and feeds.

Initial consultation — \$250

90 minutes

At the clinic, Wollongong, Monday mornings 9am–12pm. A full feeding and settling assessment and a written plan you can share with your GP or treating team.

Support package — \$375

3 sessions

Three consultations across the early weeks with messaging support in between, for families who want continuity through a period of change.

Follow-up consultation — \$150

45 minutes

In clinic or by telehealth for families already seen, to review the plan and adjust it as your baby grows.

What we work on together

Breastfeeding, chestfeeding and latch comfort

Paced bottle feeding and mixed feeding

Tube-fed babies (NG) alongside their medical team

Twins and multiples — lived and clinical experience

Sleep and settling with a family-centred neurodevelopmental focus

Growth monitoring, with GP liaison at the clinic or your preferred GP

Unsettled babies, cue reading and daily rhythm

When and where. Home visits: Mondays 9:30–11:00am from 7 September 2026, Otford to Shell Cove. Clinic: Monday mornings 9am–12pm at the clinic, Wollongong, from Monday 11 January 2027.

What a session looks like

01

Before you arrive

A short intake by email, and a note of what you would like help with. Have your NSW Personal Health Record (Blue Book) and any hospital or feeding plan handy.

02

Settling in

We start with your baby, not a checklist — a feed, a nappy change or a cuddle while we talk.

03

The assessment

We talk through what you are already noticing, watch a feed together, and look at positioning, cues, comfort and the rhythm of your days and nights. Every decision is made together.

04

Your plan

You leave with a written, practical plan in plain language that you can share with your GP, paediatrician or child and family health nurse.

05

Afterwards

Follow-up sessions are available, and where extra input is needed Brita liaises with your treating team with your consent.

Every family is welcome. This is an LGBTQI+ inclusive practice — all parents, carers and family structures are supported, and the words you use for your family and your feeding journey will be respected.

We acknowledge the Dharawal peoples, the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.

Compliance and disclaimers

Please keep this wording with any material you share.

Brita Golsby-Smith is a Registered Nurse (Ahpra registration NMW0002327674) with NICU experience, studying toward IBCLC certification.

This is a Registered Nurse feeding and settling service. It does not diagnose medical conditions, prescribe medication, insert or change feeding tubes, or alter prescribed feed volumes.

It does not replace your GP, paediatrician, midwife or child and family health nurse. Care sits alongside your treating team, never instead of it.

No particular outcome — including sleep, weight gain or feeding change — is promised. Outcomes vary between families.

No testimonials or patient reviews are used in any advertising, in line with the National Law (s133) and Ahpra advertising guidelines.

No therapeutic goods are advertised or recommended in a way that would breach TGA advertising requirements, and infant feeding information follows the MAIF Agreement.

Fees shown are the total payable. No Medicare or private health rebates apply.

Cancellations and reschedules need at least 24 hours' notice. Inside 24 hours, 50% of the fee is retained and no-shows are charged in full.

Information is handled under the Privacy Act 1988 (Cth) and the NSW Health Records and Information Privacy Act 2002.

This is not an emergency service. In an emergency call 000, healthdirect on 1800 022 222, or Lifeline on 13 11 14.

Concerns can be raised directly with Brita, or with the Health Care Complaints Commission (HCCC) NSW or Ahpra.

Every family is welcome. This is an LGBTQI+ inclusive practice.

Standard disclaimer. General information only — not individual health advice. Brita Golsby-Smith, Registered Nurse (Ahpra NMW0002327674).

Frequently asked questions

Who is this service for?

Parents and carers of babies and young children who want practical, family-centred help with feeding, settling and the shape of their days and nights. Referrals from GPs, midwives, child and family health nurses and paediatricians are welcome.

Where do sessions happen?

Home visits run Mondays 9:30–11:00am from 7 September 2026, from Otford to Shell Cove. Clinic sessions run Monday mornings 9am–12pm at the clinic, Wollongong, from Monday 11 January 2027.

What should we bring or have ready?

Your NSW Personal Health Record (Blue Book), any hospital discharge summary or feeding plan, the feeding equipment you use, and a rough note of the last day or two of feeds. If your baby is due a feed during the session, that is ideal.

My baby feeds by NG tube — can we still book?

Yes. As a NICU-trained Registered Nurse, Brita regularly works with babies who feed by nasogastric (NG) tube, babies who use a tube alongside feeds at the breast, chest or bottle, and babies working toward more oral feeding with their medical team.

Does this change the plan our hospital or paediatrician has set?

No. Volumes, rates, tube type, tube changes and any weaning schedule stay with the treating team. Brita works within that plan and, with consent, liaises with your GP, paediatrician, dietitian or hospital team.

Do you support twins and multiples?

Yes. Brita is a mum of twins and has worked with many families of multiples, so tandem feeding, staggered routines and the logistics of two babies at once are familiar ground.

Is there a rebate?

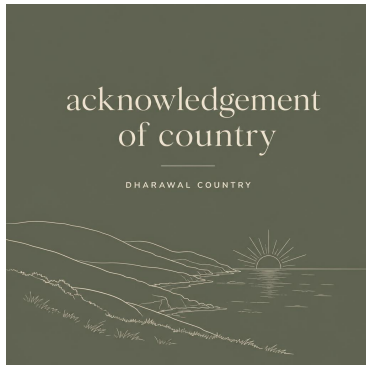
No Medicare or private health rebates apply. The fee shown is the total payable, and a receipt is emailed at the time of payment.

How do we book?

Requests are made through the bookings page at nursebrita.com and answered within 2 business days. A booking is confirmed by reply, and payment is taken once the time is agreed.

Branded image examples

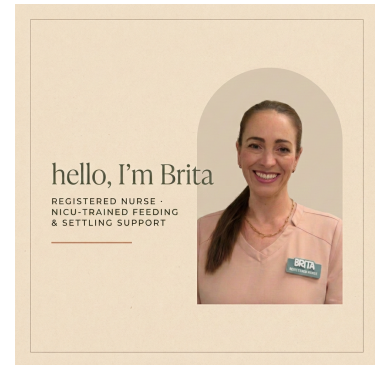
Approved graphics in the Earthy Neutrals palette. Full-resolution files are included in the ZIP version of this kit, with alt text for each image.



Acknowledgement of Country



Coming soon



About Brita — NICU trained



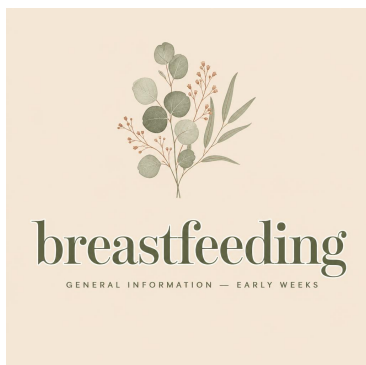
Home visits launch



Tube feeding support



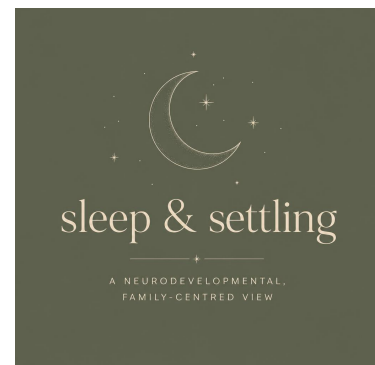
Twins and multiples



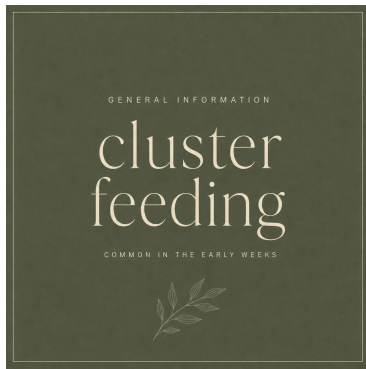
Breastfeeding support



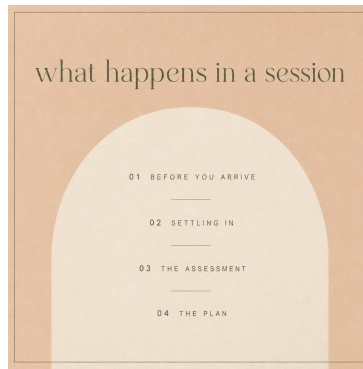
Paced bottle feeding



Sleep and settling



Education post



What a session looks like



LGBTQI+ inclusive practice

Booking and contact

Requests are answered within 2 business days. A booking is confirmed by reply, and payment is taken once the time is agreed.

Bookings nursebrita.com/request
Email brita.golsbysmith@icloud.com

Instagram @nursebrita
Clinic Wollongong NSW
Home visit area Otford to Shell Cove

Referrers

GPs, midwives, child and family health nurses, paediatricians and dietitians are warmly welcome to refer. A written plan is provided to the family after every session and can be shared with you with their consent. Brita works within your plan and does not diagnose, prescribe or alter prescribed feeding regimens.