

FAMILY FOUNDATIONS FOR COUPLES

A FUN MULTI SESSION PROGRAM THAT OFFERS SUPPORT AND
CO-OPERATIVE PARENTING SKILLS TO THOSE WITH BABY UP TO 2 YEARS

This is a fun multi-session program that offers education and support to those who are pregnant or have baby up to 2 years old. The aim is a stronger supportive relationship and better outcomes for baby.

Family Foundations is a FREE program for those in the North and West of Melbourne. We welcome all kinds of families, including couples, sole parents and a support person, relatives or others- we embrace parenting partnerships of all kinds.

Our qualified and experienced Parent Coaches offer a flexible program:

- » First session is in person at your home [1 hr].. if this is possible with Covid cases
- » **2 online sessions via Zoom call**

- » A Saturday workshop 10am-1pm. Group workshop with 3-6 couples and bubs run, at our Carlton office. [This is scheduled for Saturday 22nd October 10-1.30 includes lunch]. This is a casual session and babies will of course cry, be fed and settled etc. Rest assured we do not see them as a disruption, they are the main reason we are there! You will do some exercises together as a group and some privately as couples. This is not group therapy you say as much or little as you like.

- » Last session online via zoom call.

These parent coaches will help you lay the vital foundations that will benefit your child long term.



The program has been designed to prevent or improve common problems for new parents like:

- » Confusion of who does what – new roles
- » Arguing over baby care, money or family pressures
- » Worries about HOW to parent well
- » Dealing with anxiety, frustration, post-natal depression
- » Better communication and co-operation – the main foundations of a happy family life

You will learn about:

- » How to match your parenting to your baby's unique temperament
- » How to help your baby feel secure [vital for future mental health]
- » Communicating and solving problems with your partner
- » Managing stressful situations
- » How to improve the couple or co-parenting relationship and strengthen the family unit
- » Working as a team at home- who will do what?

This program is being offered at no cost to eligible people/ co-parents who live in the North and West (Melbourne), however we would like you both to do a pre and post program survey to help us get better at what we do.

If people are co-parenting with their friend or ex-partner or a grandparents that is fine too. Family Foundations is about co-operation and placing baby at the centre of things.

Murdoch Children's Research Institute have been evaluating this program, as it has been deemed successful [evidence based] in the US and recently we have customised the format to suit couples needs- but the messages are the same as original program.

Interested expecting or new parents with children up to 2 years can email Lauren on rsfintake@ds.org.au or call 9663 6733 to book a place or find out more. Health professionals are also welcomed to call with questions. Making a referral is easy (one simple form) and we can call you back at a time that suits.



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