

FAMILY FOUNDATIONS



We recommend doing 5 sessions before baby arrives and 5 after baby comes home. But if they already have baby at home – they can still jump on board!

BOOK EARLY – this is a great opportunity to take part in a free program that has been proven to help people parent as a team and avoid future problems in families.

FOR MORE INFORMATION, OR TO BOOK IN, CALL KATE GALEA AT DRUMMOND STREET SERVICES ON 9663 6733

FAMILY FOUNDATIONS

A FREE 10 SESSION PROGRAM



Do you work with people who are expecting a baby?

Or those who are adjusting to life with a new baby at home?

Would you like to help them with the transition to parenthood?

You can refer your clients to Family Foundations – a FREE 10 session program.



t: (03) 9663 6733 • e: enquiries@ds.org.au



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.

FAMILY FOUNDATIONS



Family Foundations is a tested program which helps parents strengthen their relationship as a co-parenting team, providing the strong base needed for raising children in a happy home. Research has clearly shown that the more parents can co-operate and learn to manage stress – the better the outcomes for babies.

The program helps couples (or those parenting with someone else like an ex-partner, a Grandma or friend) to work together and develop coping skills to manage the ups and downs of raising children. Of course there's lots of fun ahead as parents but some stresses as well – the **Family Foundation** strategies will help them argue less and cooperate more. It is not counselling – it is more like parent coaching to help build the skills they will need. The program is appropriate for all people who want to co-parent well – not just those with specific challenges. Unfortunately, we cannot enrol individuals as the focus is on co-parenting. We can support those who speak Arabic and Somali as well as English.

They don't have to leave their home to attend the program – our experienced parent coaches come to them!

Family Foundations is currently being delivered in Wyndham, Brimbank, Moreland and Hume and is funded by the Victorian State Government. We will be measuring the success of the program so there are some brief confidential surveys for client to fill in at the beginning and at the end of the program.

“We so looked forward to the Family Foundations sessions – the parent coaches were funny and helpful and we learnt how to manage our baby rather than argue or give in to exhaustion!

We still use the strategies they showed us 2 years later.”

This program is evidence based – which means it has been shown to make a significant difference to outcomes for babies.

Family Foundations has been developed by Pennsylvania State University and has been customised for Australian families by the Murdoch Children's Research Institute in Melbourne. The Parent Coaches are from drummond street services and Merri Health so it is run by experienced people (who are parents themselves) with flexibility and humour.

Family Foundations will help your clients work on:

- » Building a strong team
- » Developing skills to manage challenges and conflict in family relationships
- » Strengthening communication and support
- » Managing stress and practical ways to cope