



FAMILY FOUNDATIONS

Are you expecting a baby?

Are you adjusting to life with a new baby at home?

Would you like some ideas on working together better as parents?

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

The program helps couples (or those parenting with someone else like an ex-partner, a grandparent or friend) to work together and develop coping skills to manage the ups and downs of raising children.

You don't have to leave your home to attend the program – we come to you!

We are flexible about our visiting times and will negotiate to fit in with your family circumstances.

Family Foundations is a 10 session program – We recommend doing 5 sessions before baby arrives and 5 after baby comes home. But if you already have baby at home – you can still jump on board!



“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.”



Family Foundations will help you work on:

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



This program has been shown to make a significant difference to the health and wellbeing outcomes for babies.

Family Foundations is currently being delivered in Wyndham, Brimbank, Moreland and Hume and some surrounding suburbs.

FOR MORE INFORMATION, OR TO BOOK IN,
call Kate Galea at drummond street services on 9663 6733
or email kate.galea@ds.org.au