

## A PROGRAM FOR NEW FAMILIES FINDING THEIR FEET

### Welcoming a new baby is a **BIG** change.

The Ready, Steady... Family! program offers all parents (including Mums, Dads, solo parents and carers) support, information, practical help and fun activities during pregnancy and the first 24 months of parenthood.

When parents feel happy and mentally and physically healthy – children benefit significantly.

If you are feeling worried or down or stressed about any aspect of adjusting to being a parent just give us a call. We will explain what Ready, Steady ... Family! can offer you, including:

- » PARENT SUPPORT – reassuring parenting coaches who can use ZOOM, phone calls, face to face (sometimes in your home) to support and advise you
- » GROUPS – learn skills, make connections and attend Musical Fun for Bubs, Circle of Security, Understanding Baby's cues, Dads Groups and one-on-one chats with a Fathering or Grandparenting worker
- » COUNSELLING via ZOOM or phone to address any worries you may have
- » HELP solving relationship problems that may pop up during this challenging time
- » A 6–10 SESSION ZOOM COURSE in cooperative parenting called Family Foundations
- » LINKS to other local services that you may need

You don't need a referral:  
just call us on **9663 6733** or email [rsfintake@ds.org.au](mailto:rsfintake@ds.org.au)



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