

“The program teaches you to listen to your partner and then you talk – instead of trying to talk over each other.”

– Family Foundations parent

## Free support for new and expecting parents



## How to parent better as a team

Free support for new and expecting parents



Family Foundations understands that family life can be hard as well as joyful. We help you to parent better together without spitting the dummy.



Scan for more information and to sign up

Find out more or book now:

 (03) 5831 2390

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THE  
**Bridge Youth**  
SERVICE



Photos are for pictorial use only to protect the identity of our clients.



# Free support for new and expecting parents

## What is Family Foundations?

Having young kids is both amazing and challenging.

Family Foundations helps parents (couples or those parenting with someone else like an ex-partner, a grandparent or friend) work together as a team to manage the ups and downs of raising children.

In 10 sessions, two qualified coaches will guide you and your co-parent to:



Strengthen your relationship and become better parents



Develop skills to manage challenges and conflict



Communicate better together



Manage stress and gain practical ways to cope

Sessions available online or in your home - we fit around you!

## Research shows that children thrive when parents co-operate and learn to manage their stress

### What are the benefits?

Family Foundations helps build stronger relationships so you raise kids in a happy home.

Murdoch Children's Research Institute and Deakin University research shows that parents who joined Family Foundations reported:



Improved mental health



Increased parent confidence, co-operation and problem-solving



Greater parenting warmth



Fewer stress, anxiety and depressive symptoms



Less arguments and disagreements

## When should you start?

You can start before baby arrives or anytime afterwards if you have a child aged under 12 months.

If you are expecting your baby, we recommend doing five sessions before baby arrives and five after baby comes home.

