

baby makes 3

Baby Makes 3 is being offered to first-time parents as part of the new parents *Babies in Hume* program at your Maternal and Child Health Service.

WHAT IS BABY MAKES 3?

Baby Makes 3 is a group program for all new mums and dads and their babies. It is a two hour session, once a week for three weeks.

Information is provided by two group leaders – a male and a female.

The *Baby Makes 3* program helps new parents maintain **healthy relationships** after the birth of their baby.

Its aim is to promote equal and respectful relationships between new parents during the transition to parenthood.

“Enjoyable and interesting sessions about becoming a parent and what it means to you and your relationship”

NEW PARENTS GROUPS

Baby Makes 3 is being delivered in conjunction with the *Babies in Hume* New Parents groups run by the Parent Support team and Maternal and Child Health.



BENEFITS

Baby Makes 3 gives new parents the opportunity to share their experiences and hear from others who are going through the same journey. For many dads, this is their first occasion to meet with other new parents.

People who have participated in the program report it to be interesting and worthwhile. They find that they are not alone in the challenges they face.

New parents who have attended the groups also report they have a greater respect for each other's roles and improved communication in their relationship.

THE BABY MAKES 3
PROGRAM COVERS THE
FOLLOWING TOPICS

- Becoming a parent for the first time
- Expectations of mums and dads
- Who does what
- Healthy relationships
- Meaningful equality
- Dealing with conflict
- Communication

HOW DO I FIND OUT MORE?

Baby Makes 3 is being delivered as part of your Babies in Hume New Parent program. Please contact your local Maternal & Child Health nurse or the Parent Support Team.

For additional information contact:

Scott Hall, Coordinator
Mob: 0421 571 088
E-mail: shall@kildonan.org.au

Your next BM3 group is to be held



Funded by the Australian Government Department of Social Services.

Visit www.dss.gov.au for more information.



Maintaining healthy relationships
during the transition to parenthood

