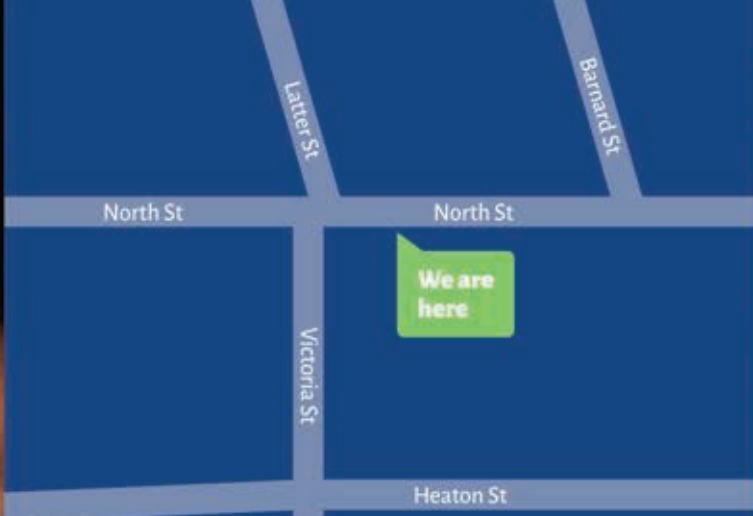


## Referrals & getting help

If you as the child's parent or caregiver are facing challenges that make parenting more difficult, you can be referred to Family Start by your doctor, midwife, Well Child provider, Plunket, Child Youth & Family, early education provider or another agency.

Or you can contact us to find out if Family Start is right for you and your family/whānau.



**Family Start is available in South and Mid Canterbury.**

### Contact & Referrals

Contact us to make a referral or find out more:

**Online Referral** [www.pssc.org.nz/family-works](http://www.pssc.org.nz/family-works)

**Call** us 03 688 5029

**Email** [familyworks@pssc.co.nz](mailto:familyworks@pssc.co.nz)

**Visit** 26 North St, Timaru  
(Mon-Fri 8:30 am to 5:00 pm)

[pssc.org.nz/family-works](http://pssc.org.nz/family-works)



# Family Start



[pssc.org.nz/family-works](http://pssc.org.nz/family-works)

Being a parent is one of the hardest and most important jobs you'll ever have. Sometimes personal or family / whānau situations can make it even more challenging. At these times, getting support can be really important.

Family Start is a free and voluntary home visiting service that supports children and family/whānau as early as possible.

Family Start helps parents do a great job caring for their children. We can work with you to help improve these things for your child:

- ▶ growth and health
- ▶ learning and relationships
- ▶ environment and safety

Families/whānau can engage with Family Start from pregnancy to when baby is twelve months old. Children up to two years of age can join the programme in some circumstances. A child can stay with Family Start until they start school.



## How Family Start can help

We can support and strengthen positive parenting by working with you on:

- ▶ your baby's growing and changing needs
- ▶ forming a strong bond with your child
- ▶ growing your confidence in caring for your baby/child
- ▶ helping your child grow strong and stay healthy
- ▶ helping your child have positive relationships
- ▶ getting the right health care for your child
- ▶ learning more about the parenting journey
- ▶ building stronger family circumstances

## How does Family Start work?

A Family Start Whānau worker will:

- ▶ visit you at home, starting with once a week, and get to know you, your child, partner and family/whānau
- ▶ find out what parts of being a parent are going well and what you would like some help with
- ▶ help you to get the right healthcare for your child
- ▶ provide you with information to help you understand what your baby/child needs as they grow and develop
- ▶ help you make a plan for what you want to achieve together with your family/whānau
- ▶ work with you to explore ideas, information and support as you solve problems and work towards your goals
- ▶ connect you with other support or services that can help
- ▶ support you to keep your baby or child safe

