

## REFERRALS

You can refer yourself from our website, by email or by calling us.

You can also be referred to our services by your healthcare or education providers, legal professionals, or your community workers.

## CONTACT US

0800 FAM CARE  
0800 326 2273

AnglicanFamilyCare.org.nz  
Enquiries@FamilyCare.org.nz  
facebook/AnglicanFamilyCare



Strong, connected and thriving  
whānau and tamariki

## SUPPORT US



Family  
Start



## WHAT IS FAMILY START?

*Family Start* is a home visiting programme that focuses on improving children's growth and health, learning and relationships, family circumstances, environment and safety.

It helps whānau who are struggling with challenges or problems that may make it harder for them to care for their baby or young child.

*Family Start* will begin to support babies and their parents or caregivers early – before the baby's birth or in their first year.

*Family Start* is a voluntary programme that has a focus on helping parents do a great job with their child's health, growth, education and safety.

"I felt listened to and supported, and that I could get help whenever I needed it for me and my children."



"I feel more confident in knowing where and how to get help."

## HOW DOES FAMILY START WORK? HOW WILL IT HELP MY FAMILY?

A *Family Start* whānau worker will:

- visit you at home, starting with once a week, and get to know you, your child, partner and whānau
- find out what parts of being a parent you've already got sorted and what you need help with
- help get the right health care for your child
- explain how your baby is growing and changing at different ages
- help you work out what you want to achieve, change or improve, and make a plan with you to help you get there
- offer you advice and ideas, and help you solve problems as you work towards your goals
- put you in touch with other help and services you need
- support you to keep your baby or child safe

"I gained self-esteem and confidence to be a great parent."