

## Referrals

You can be referred to our services by your health care professionals or community workers, or you can refer yourself.

Referrals can be made from our website, by email or by calling us.



## Family Start

Because babies don't come with instructions.

## Contact us

0800 FAM CARE

0800 326 2273

[AnglicanFamilyCare.org.nz](http://AnglicanFamilyCare.org.nz)

[Enquiries@FamilyCare.org.nz](mailto:Enquiries@FamilyCare.org.nz)

[facebook/AnglicanFamilyCare](https://facebook.com/AnglicanFamilyCare)

Compassion Determination  
Strength Home-visiting Parenting  
Counselling Babies Care  
Support Caregiving Whānau  
Stewardship Family Children Respite  
Excellence Development Community Unity  
Caring Manaaki Family Start  
Commitment Aroha Patience Mahi Tahī  
Loyalty Faith Understanding  
Integrity Honesty Modesty



## *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 couldn't have done it without my worker – she was patient and really listened to me."*

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



More than  
**9,000**  
home visits  
in 2015 and  
2016

## *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 mum."*