

“We learnt how to manage our baby rather than argue or give in to exhaustion. We still use the strategies they showed us two years later!”

– Holly, Family Foundations parent




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!

Find out more or book now:

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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.

What you will learn

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 five.

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

“It was really helpful to reflect on the parts of our relationship that were working well, but also recognise the areas we needed improvement.”

– Raphael, Family Foundations parent

