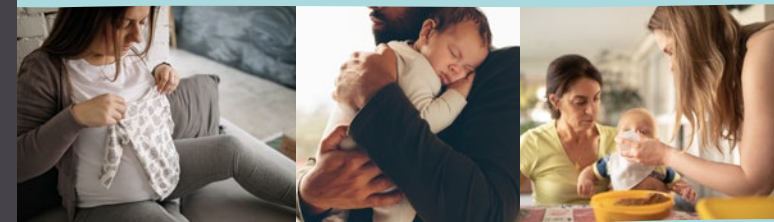




# Best Beginnings Plus

Information for parents



Your Best Beginning Plus worker is:

Their contact details are:

DC-486 11/20

## Caring for a newborn baby or infant

Having a baby can be a happy experience, but it can also be a little scary.

When the excitement of having your baby home is over, and everyone has stopped visiting or are back to work, you may feel alone in caring for your baby.

Best Beginnings Plus workers know the demands a baby brings to your family and the difficulties you may experience in trying to manage your new responsibilities.



## Welcome to Best Beginnings Plus

Best Beginnings Plus is an earlier intervention, intensive home visiting program that works alongside families with infants at risk of neglect and/or abuse. Families eligible for Best Beginnings Plus are open child protection cases.

The Best Beginnings Plus service empowers parents to make positive changes in their lives and enables them to provide a safe, secure and nurturing environment for their child with a primary focus on:

- child safety and wellbeing
- parent/s wellbeing and family functioning
- social connectedness.

The service can start at any time during pregnancy until your baby is 12 months old, and you can continue in the program for up to 12 months. It involves regular visits to your home by caring, trained professionals.

Best Beginning Plus Workers can work with you while you are pregnant, when your baby is at home with you, or when your baby is soon to come home to your full time care (reunification).



## Best Beginnings Plus workers

Your Best Beginnings Plus worker has experience with health and family matters and has been trained to work with families and babies.

Your Best Beginnings Plus worker works alongside your Child Protection Worker and is part of a team which may include child health nurses, doctors, social workers, psychologists and Aboriginal workers.



## What to expect from Best Beginnings Plus

- **Respect** – for you, your family and your culture.
- **Privacy** – your right to privacy and confidentiality is important to the Department. We will only discuss worries about your baby with your child protection worker or other departmental officers if needed and you will also know the worries that we have.
- **A person you can trust** – someone to talk to when times are tough.
- **Advice** – on caring for your baby including feeding, sleeping, crying, settling and development.
- **Help** – so you can make the right choices for you and your family on:
  - contraception and family planning
  - you and your partner
  - returning to work or study.
- **Information** – about:
  - reducing the risk of sudden unexpected death in infancy (SUDI)
  - getting your baby immunised
  - organising your house so your baby is safe
  - preventing yourself from feeling down.
- **Connections** – your Best Beginnings home visitor can put you in touch with local services which can help with:
  - post-natal depression and/or anxiety
  - baby's health problems
  - mum's and dad's health problems
  - your relationship with your partner
  - local playgroups and groups for mums and dads
  - community events and activities
  - doctors.

