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BABY LOVE Program



The birth of a new baby can be a time of great joy for new mothers as they welcome a new person in their lives and focus on providing the best love and care possible.

For many mothers however there are factors, which can interfere with these positive expectations of mothering and their job, becomes a struggle filled with distress and disappointment in themselves.

These factors include:

- Dealing with reflux or colic (or other special needs)
- Premature babies
- Sleeplessness due to unsettled babies
- Being single
- Limited support
- Anxiety or depression
- Mother's poor relationship with own mother
- Stress due to dramatic changes in lifestyle etc.

The Baby Love program is a specialist program for mothers struggling in their relationships with their babies.

This program aims to –

- Explore issues around mothering
- Help mothers develop confidence in their new role and
- Foster a relationship where mothers can actually enjoy their babies.

INCLUSION CRITERIA

- Women with children under the age of 2. (Please note children are not required to attend the program but will participate in assessments only).
- Women whose transition to motherhood has been marred by those factors previously mentioned.
- Women who wish to explore motherhood and want to enhance their relationships with their babies.

KEY ASPECTS OF THE PROGRAM

- Group will consist of 6-8 women.
- Groups will run on one full day a week (10am – 3pm) for twelve weeks, or 1½ hours weekly for twenty weeks.
- Prior to commencement of program mothers will be required to participate in two videoed assessments with their babies. This process will be repeated during the course of the program and the videos will then be utilised to help mothers explore their own unique relationships, strengths and struggles.
- Group is covered by Medicare for the 20 week program and most private health funds for the 10 week program.

