

Early Start's Commitment

Our commitment is to provide you and your whānau with a good quality service and to ensure that you are provided with information and support in a culturally appropriate, respectful and safe manner.

We Welcome your Feedback

If you are happy with how you have experienced the service and things are going well for you and your whānau, we would welcome your feedback.

If you are unhappy or have any complaints about the service, you are invited to contact the General Manager to discuss the matter.

Governance

Early Start Project Ltd is a charitable company and was formed in 1995. It is governed by a board of directors consisting of a consortium of health care professionals and community members.

Contact Us

Mon to Fri – 9am to 4.30pm

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www.earlystart.co.nz

www.facebook.com/EarlyStartProject/

Check our website and/or Facebook page to find out more about our parenting programmes.



Early Start encourages and supports whānau to provide each of their children/tamariki with a positive and enjoyable childhood experience



Early Start Project
Atawhaitia nga pepe
Nuture the baby early

About Early Start ...

Taking part in Early Start is voluntary and free.

Early Start accepts referrals for whānau who are expecting a new baby or who are already caring for a new baby up to 12 months of age.

Whānau living in Canterbury, and who meet the referral criteria, are eligible for this long-term home visiting response. We can work alongside you and your whānau according to your specific and individual need.



How do Whānau Connect?

Your Well Child Provider, Midwife, GP or any other agency you are involved with, may recognise that you and your whānau are facing some challenges and suggest connecting with Early Start. Self-Referrals are also encouraged.

Getting to Know You

During the first 5 or 6 weeks you will get to know your Family Support Worker/Whānau Āwhina and learn in more detail what Early Start is all about. This can be a time for you to ask more questions when deciding if Early Start is the right support for you.

How Can Early Start Help You?

Each Family Support Worker/Whānau Āwhina seeks to form a positive partnership/relationship with your whānau taking into account your individual varying needs, dreams and goals.



Together we develop your 'Child and Family Plan' which will help you to recognise your own, and your family's strengths and connections, and to identify those areas you want support with. Your Child and Family Plan is designed to encourage you to look at new ways to manage challenges and difficulties while supporting you to raise your children in the healthiest and most enjoyable way possible.

At the start your Family Support Worker/Whānau Āwhina will visit you at home weekly as you get to know each other.

We Can Offer You Tailored Support With:

- ✓ Whānau well-being, values and goals
- ✓ Physical, social and emotional well-being of infants and children
- ✓ Child safety at each age and stage of development
- ✓ Parenting education and resources
- ✓ Encouraging participation and connection with early childhood education services and other community groups
- ✓ Home safety and resources
- ✓ Smoke free home environment / smoking cessation
- ✓ Maternal / paternal / mental health and general well-being support
- ✓ Advocacy, home skills, relationship challenges
- ✓ Family harm and addiction supports
- ✓ Support through crisis and challenging times
- ✓ Education in nutrition and cooking skills

"Early Start and my Family Support Worker helped me achieve more than I would have ever thought possible for myself and my whānau." *Young parent*