

Important Information

Taking part in Early Start is entirely voluntary and free. Should you want to withdraw, the person who referred you and other relevant support people need to be informed so that you can make further arrangements with them.

Our commitment is to provide you and your whanau with a good quality service and to ensure that you are provided with information, teaching and support in a culturally appropriate, respectful and safe manner. If you are unhappy or have any complaints about the service, you are invited to contact the general manager or clinical manager to discuss the matter.

If you have any other questions regarding the service please ask your Family Support Worker /Whanau Awhina.

Governance

The Early Start Project is run by a group of professional people from Plunket, Christchurch Health & Development Study, Pegasus Health, Child Youth & Family, Maori Health Worker, Emeritus Prof. David Fergusson a Registered Psychologist and a business advisor.

For further information on the Early Start Project contact:

GENERAL MANAGERS:

Hildegard Grant and Jan Egan

CLINICAL MANAGER

Michelle Fletcher

Acknowledgements

Thank you to the organisations listed below for their generous sponsorship.

- Deloitte
- NZ Fire Service
- NZ Post
- Simpatico
- Rata Foundation
- Wayne Francis Trust



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Information for Families



Early Start Project

Atawhaitia nga pepe
“nurture the baby early”



About Early Start

Early Start encourages and supports families to provide each of their children with a positive and enjoyable childhood experience.

Early Start is a support service for families who are expecting a new baby or who are already caring for a new baby.

Families living in the Christchurch area are eligible for this long term home-visiting Service. We can work alongside you and your family until your new baby goes to school.

How Do Families Enrol in the Service

Your Plunket nurse, Midwife, GP or any other agency you are involved with, may notice that you and your family are facing a lot of challenges. This might be making it hard for you to enjoy your baby and to care for yourself and (or) your family.

After talking with you about your situation and explaining how Early Start can support you as a parent, they will refer you and your family once you have given your written consent for this to happen. Early Start also accepts self-referrals.

You will hear from us shortly after we receive your referral, when you will be invited to take part in the Assessment Stage of the Service and asked for your signed consent.

The Assessment Time

This time of 4 to 5 weeks gives you the chance to get to know your Family Support Worker/Whanau Awhina and to learn what the Early Start Service is all about, how it works, and if you like it. Your Family Support Worker/Whanau Awhina will get to know you and your family, learn about your strengths, what your needs and challenges are and how you cope with challenging times. Information about you and your family remains with Early Start and is treated in the strictest confidence.

At the end of this first month the Early Start team and you will make a decision regarding the amount of support that you and your family might need.



How Can Early Start Help my Family and Me

Together we make a 'family plan' which will help you to recognize your own (and your family's) strengths and supports and to find those areas you want help with. Your family plan is designed to encourage you to look at new ways to manage problems and difficulties and at the same time help you enjoy raising your children in the healthiest way possible.

How often you and your Family Support Worker/Whanau Awhina meet will depend on what your needs are.

Parenting Programmes

Listen, Love, Play

Every Early Start family spends time working through the "LLP" programme with their Family Support Worker /Whanau Awhina. There are lessons on listening, trust, language, problem solving, feelings and lots about how babies learn.

Triple P Parenting Program

Every Early Start family will have the opportunity to learn more about confidently managing their children's behaviour.



Other Practical Support and Assistance

This will also be offered according to your needs.

- Safety awareness as baby grows and develops
- Supporting you to find and link into other services in your community, e.g. budget services, health services, relationship services etc.
- Practical advice and support with healthy lifestyle choices, including family and child nutrition
- Household and time management