

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 family/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 – 8am to 5pm

FP: 0800 378 278

P: (03) 365 9087 F: (03) 365 9237

E: reception@earlystart.co.nz

PO Box 21013, Christchurch 8140

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 families/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 supports whānau/families who are expecting a new baby or who are already caring for a new baby. Whānau/families 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/family according to your specific and individual need.



Together we develop your 'child and whānau/family plan' which will help you to recognise your own, and your family/whānau strengths and supports and to find those areas you want help with. Your whānau/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.

Kai Hapai Mātāuranga Māori will awahi all Māori Whānau through their relationship with your Family Support Worker/Whānau Āwhina.

How do Whānau/Families Connect?

Your Well Child Provider, Midwife, GP or any other agency you are involved with, may notice that you and your whānau/family 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 what Early Start is all about, as well as what is involved. At this time you can decide if this support suits your need.

How Can Early Start Help You?

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



We Can Offer You Tailored Support With:

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

"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*