

Baby Makes 3

January–June 2019



opportunity > growth > lifestyle



FRANKSTON CITY COUNCIL

30 Davey Street
Frankston VIC 3199
Australia

PO Box 490
Frankston VIC 3199

Phone 1300 322 322

frankston.vic.gov.au

Seaford » Frankston » Langwarrin » Karingal » Skye » Frankston South »
Frankston North » Carrum Downs » Langwarrin South » Sandhurst



Communities for Children
Frankston is funded by the
Australian Government
Department of Social Services

Baby Makes 3

Baby Makes 3 is a parent group program being offered to support and guide first time parents on how to maintain a healthy and respectful relationship during the transition to parenthood.

The program is a two hour session once a week over three weeks for parents and baby, facilitated by both a male and a female group leader.

The Baby Makes 3 program covers the following topics:

- Becoming a parent for the first time
- Who does what?
- Healthy relationships
- Meaningful equality
- Intimacy
- Dealing with conflict
- Communication

Benefits and outcomes

Some of the benefits include the opportunity for both parents to share their experiences and hear from others who are going through the same journey. For many fathers, this is their first opportunity to meet with other first time parents.

Parents who have participated in the program report it to be an interesting and worthwhile experience, with couples having a greater respect for each other's roles and improved communication about their relationship.

Sessions

Banyan Fields Child and Family Centre

90A Cadles Road, Carrum Downs
Thursday 17*, 24 and 31 January
Thursday 7*, 14 and 21 March
6.30–8.30pm

Karingal Neighbourhood Centre

103 Ashleigh Avenue, Frankston
Tuesday 5*, 12 and 19 February
Tuesday 4*, 11 and 18 April
6.30–8.30pm

Montague Park Maternal and Child Health Centre

Bentley Place, Frankston
Thursday 7*, 14 and 21 February
6.30–8.30pm

Mahogany Rise Maternal and Child Health Centre

25 Jenkins Street, Frankston North
Tuesday 5*, 12 and 19 March
6.30–8.30pm

* **Note:** The first session will commence at 6pm for registration

For any program enquiries and bookings, please contact Frankston City Council on **9784 1756**.