

Becoming Us Preparation for Parenthood classes

Not sure what to expect when you get your baby home?
Want to plan ahead, but don't know where to start?
Want to 'babyproof' your relationship at the same time?

We've got you covered! These 5 expert sessions
will equip you for the exciting adventure ahead.

Session 1

Nest Building

Discover the need-to-knows for your first weeks as a new family. Know what to expect so you can plan ahead.

Session 2

Set up Base Camp

We will plan routines for your own health and wellbeing that also support your baby's development in the first few months.

Session 3

From Being Me to Becoming Us

There are some normal changes in life and love after baby arrives. Learn how to work with the changes in ways that support your whole family.

Session 4

Traveling Together

Parenthood is an adventure into the unknown! Learn how to manage the unexpected and ways to support each other through the journey.



Session 5

After-Baby Meetup

Welcome to your "New Normal"! Share the joys, the challenges (and your beautiful baby!) with your new friends.

Sign up now to have your Certified Becoming Us Facilitator guide you towards your family's best beginning.

Currently taking expressions of interest. To register your interest contact us:

T: 1800 372 000 (Option 2) | E: triage@familyservices.org.au

'Becoming Us' facilitator Mathew Aquilina

Mathew is an accredited 'Becoming Us' facilitator with more than 10 years' experience as a psychologist and group facilitator. Mathew has a special interest in the perinatal period, the transition to parenthood, and the importance of father-inclusive practices in antenatal care. He also brings his experience of early parenthood and the challenges it can bring to relationships.