



# Parenthood is the Journey of a Lifetime...

You're prepared for the birth...now's time to prepare for your baby's first few weeks

## by building a "nest" for your newborn



Discover the need-to-knows for you and your partner to create a comfortable and supportive space for you all to adjust to the first joys and challenges of becoming a family. Learn how to support each other through the rollercoaster of new parenthood to give your baby a gentle start to life.

## Practical, real-world, step-by-step guidance

### Session One



- Expectations and realities: what to focus on and what to let go of.
- Managing new stresses and common challenges as a couple.
- Caring for you and your partner's wellbeing as you care for your baby.

### Session Two



- Including your partner and ways to bond as a whole family.
- Laying strong foundations for family growth.
- When and where to find support for the journey ahead.

## Becoming Us Nest Building Sessions:

### Date and time:

TBC - currently taking expressions of interest

### Location:

Family Services Australia, 1 Lamerton Crescent, Shellharbour City Centre NSW 2529



# Join Us!

### Contact Information:

To register interest contact:  
T: 1800 372 000 (Option 2)  
E: [triage@familyservices.org.au](mailto:triage@familyservices.org.au)

