

What can I do now?

Contact your nearest Best Beginnings team to find out if you can use the service.

If you are accepted into Best Beginnings, you will meet your home visitor who will help you by visiting you and your baby regularly at your home.



More information

You can get more information from a **Best Beginnings** home visitor:

Albany	(08) 9845 7910
Armadale	(08) 9497 6555
Broome	(08) 9193 8400
Bunbury	(08) 9781 2900
Busselton	(08) 9781 2900
Cannington	(08) 9351 0888
Carnarvon	(08) 9941 7222
Collie	(08) 9781 2900
Esperance/Norseman	(08) 9083 2566
Fitzroy Crossing	(08) 9163 9800
Fremantle	(08) 9431 8800
Geraldton	(08) 9965 9500
Joondalup	(08) 9301 3600
Kalgoorlie	(08) 9022 0700
Karratha/Roebourne	(08) 9182 0500
Kununurra	(08) 9168 1023
Leonora/Laverton	(08) 9022 0700
Mandurah	(08) 9583 6688
Merredin	(08) 9621 0400
Midland	(08) 9250 6003
Mirrabooka	(08) 9344 9666
Moora	(08) 9621 0400
Narrogin	(08) 9621 0400
Newman	(08) 9175 4600
Northam	(08) 9621 0400
Peel	(08) 9583 6688
Perth	(08) 9214 2444
Rockingham	(08) 9527 0100



Department for Child Protection
and Family Support
Department of Health

Best Beginnings

for you and your baby



Welcome to Best Beginnings

Best Beginnings is a home visiting service for mums and dads with extra demands. The service can start at any time from pregnancy until your baby is three months old, and you can continue in the program until your child is two years old. It involves regular visits to your home by caring, trained professionals.

Caring for a newborn baby

Having a baby can be a happy experience, but it can also be a little scary.

When the excitement of birth is over and everyone has gone home or back to work, you may feel alone in caring for your new baby.

Best Beginnings Home Visitors know the demands a newborn baby brings to your family and the difficulties you may experience in trying to manage your new responsibilities.



Best Beginnings home visitors

Your Best Beginnings home visitor has experience with health and family matters and has been trained to work with families and newborn babies.

Your Best Beginnings home visitor is part of a team which may include child health nurses, doctors, social workers, psychologists and Aboriginal workers.

What to expect from Best Beginnings

- **Respect** – for you and your family.
- **Privacy** – apart from speaking with other team members, no information about you or your family is given to other people unless you say it's okay.
- **A person you can trust** – someone to talk to when times are tough.
- **Advice** – on caring for your baby including feeding, sleeping, crying, settling and development.
- **Help** – so you can make the right choices for you and your family on:
 - contraception and family planning
 - you and your partner
 - returning to work or study.

- **Information** – about:
 - reducing the risk of cot death (SIDS)
 - getting your baby immunised
 - organising your house so your baby is safe
 - preventing yourself from feeling down.
- **Connections** – your Best Beginnings home visitor can put you in touch with local services which can help with:
 - post-natal depression and/or anxiety
 - baby's health problems
 - mum's and dad's health problems
 - your relationship with your partner
 - local playgroups and groups for mums and dads
 - doctors.



Supporting you through the challenges of being a mum or a dad