

# Who can get help

Family Start is a free service for parents / caregivers who are facing challenges which are making parenting harder.

You can be referred to Family Start by your doctor, midwife, well child provider, Plunket, Oranga Tamariki and other agencies.

Or you can contact us to find out if Family Start is right for your family / whanāu.

## Contact Us

Waitemata Family Start

Phone: 09 837 3517

Fax: 09 837 3519

Email: [admin@wfs.org.nz](mailto:admin@wfs.org.nz)



# Waitemata Family Start

*Giving children / tamariki  
the best start in life*



# Welcome to Waitemata Family Start



Being a parent is one of the hardest and most important jobs you'll ever have. And sometimes personal or family / whanāu situations can make it even more challenging.

We're here to support parents / caregivers with the health, development, education and safety of their child / tamariki.

Family Start is a home-visiting service that supports children and their parents / caregivers as early as possible.

## Our role is to help:

- Your child / tamariki grow strong, stay healthy, learn and have positive relationships
- You to be more confident about caring for your child / tamariki
- Your family / whanāu to create a strong and positive future for your child / tamariki

# How we can help

We can start providing support from when the mother is three months pregnant and can continue support for the first five years of the tamariki / child's life.

Our service is sensitive and responsive to your cultural beliefs and we will endeavour to match an appropriate Family Worker to your family / whanāu.

A Family Worker will visit you at home and work with you to develop a plan for what you want to achieve for your family / whanāu.

## Here are some of the things we can work on with you:

- Your baby's growing and changing needs
- Forming a strong bond with your child
- Getting the right health care for your child
- Supporting you to keep your baby / child safe
- Provide parenting education sessions through Ahuru Mōwai / Born to Learn
- Putting you in touch with other services you may need



# Who we are



Waitemata Family Start is jointly provided by The Fono and Family Works Northern. Both organisations have a strong history in providing support to families / whanāu.

They are committed to working together to improve the health and wellbeing of children / tamariki and their families / whanāu in West Auckland.

Our **vision** is for Aotearoa New Zealand to become the best place in the world to raise children / tamariki in flourishing families / whanāu.

We **champion** children / tamariki and affirm the strengths in every family / whanāu.

We **recognise** the factors that affect children / tamariki's behaviour and their ability to learn.

We **partner** with others to prevent problems escalating, and enhance the life of children / tamariki and families / whanāu.