

Home-Based Program

Referrals to Hey Babe are through Child First and can be from your health professional, school, hospital and Child Protection. After you decide to take part in the Hey Babe program this will happen:

The first meeting: QEC staff will tell you more about the program.

Talk about your Parenting: to work out the areas where you are doing well and where you need more help and support.

Parenting Skills: The Hey Babe staff help you develop your parenting knowledge and skills, plan your goals and learning activities.

Attending Hey Babe Groups: Hey Babe staff and families meet regularly at group and enjoy fun times together.



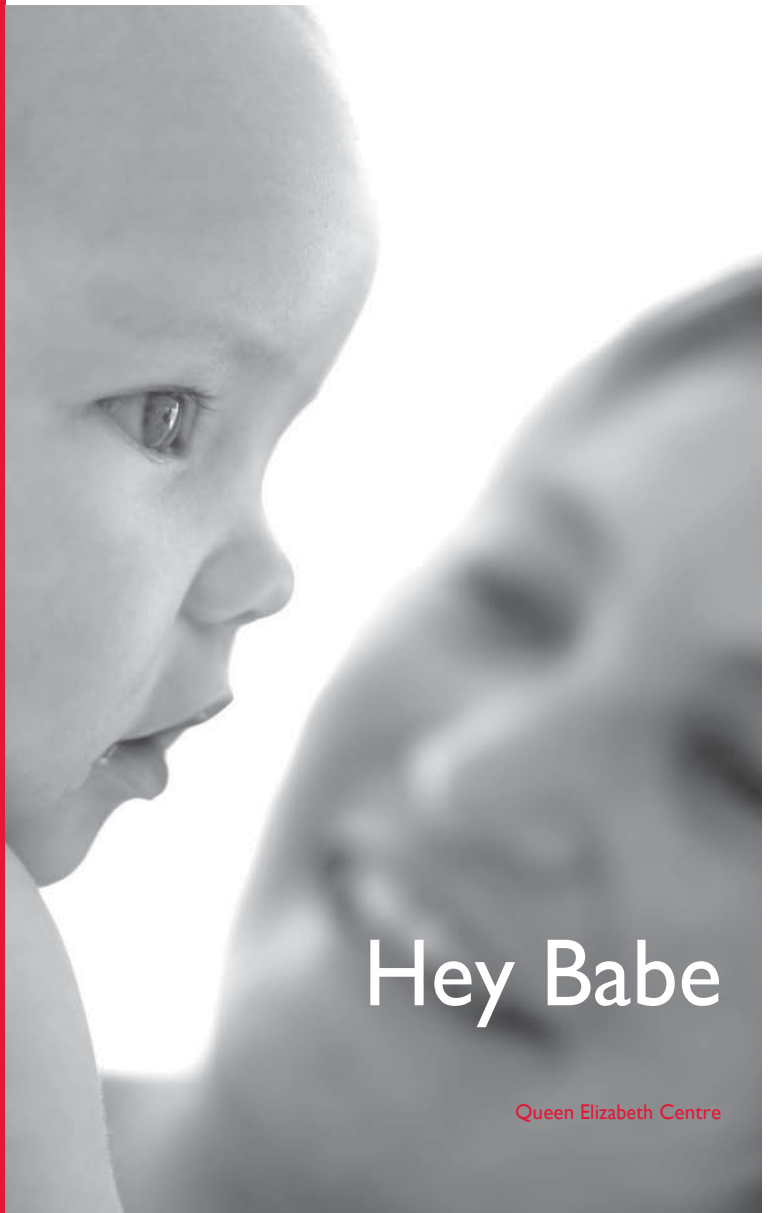
Queen Elizabeth Centre
53 Thomas Street, Noble Park 3174
T +61 3 9549 2777 F +61 3 9549 2779
E theqec@qec.org.au W www.qec.org.au



QEC

LEARNING.
PARENTING.
TOGETHER.

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Hey Babe

Queen Elizabeth Centre

QEC – Who are we?

QEC Early Parenting Centre works with families who need help in parenting their children 0-3 years of age. QEC offer a range of programs including day stay, residential and home visiting.

QEC helps families with a wide range of parenting issues such as sleep problems, children's behaviour, feeding difficulties or in any other area that parents need help.

Hey Babe Program.

What does it do?

The program aims to strengthen early parenting skills and parent-child attachment, support infant development and safety, and improve parental wellbeing.

Hey Babe commences when you are preparing for your baby and continues until your child turns one of age and is for families in the Morwell area.

Staff will work with you and your family in your home and at the Hey Babe group.

Hey Babe Program will help with

Parenting Support:

The Hey Babe team will work closely with you and your family to identify the things you do best and those areas that you find more challenging.

Parenting Skill Development:

The staff will work with you to help you develop and enhance your parenting skills with a focus on your child's health safety and development.

What does the Program offer?

- Help to establish a positive relationships and attachment with your child
- Education and Information about parenting
- Practical assistance
- Links you with additional services in the community i.e. mental health, drug and alcohol services
- Help to connect to culture and community

