



+

Pregnancy to Parenthood (P2P)

Would you like to feel more connected with your baby?

Would you like to build meaningful and enjoyable interactions with your baby?

Are you able to commit to a five-week play program?

'It's All About You and Me' is a play-based program designed by the City of Wanneroo to enhance parent/child connections. This five-week program is a partnership between the City of Wanneroo and Edith Cowan University's Pregnancy to Parenthood (P2P) clinic.

The Pregnancy to Parenthood clinic supports the development of healthy foundational relationships that babies and young children experience with their caregivers in pregnancy and the first two years of life. Everyone should have what they need to experience healthy and loving relationships from birth. Through offering families a range of multigenerational (parent and infant/very young child) psychological supports, P2P builds families resilience and strength to enable relationships between children and their parents to thrive.

'It's All About You and Me' is a free program that will be facilitated by the City of Wanneroo's Early Childhood Officers and the P2P Provisionally Registered Psychologists. Mothers, fathers, and other primary caregivers are welcome to participate if their child is aged six months or younger. You may find the program helpful if you are experiencing any of the following:

- *Difficulty adjusting to becoming a parent or feeling overwhelmed*
- *Feeling isolated as a parent*
- *Concerns about developing a bond with your child*



Before the first week of the program, every participant/family will have an individual meet and greet scheduled with a group facilitator.

Program Dates:

Friday 6th November - 'Warm and Gentle'

Friday 13th November - 'Tuning In'

Friday 20th November - 'Following Your Child's Lead'

Friday 27th November - 'Observe, Wait and Listen'

Friday 4th December - 'Everyday Opportunities'

Time: 9.00am to 11.00am

**Venue: Pregnancy to Parenthood Clinic
Level 2, ECU Health Centre
30 Dundobar Rd, Wanneroo**

*"In supporting children's relationships with parents and caregivers **from birth**, we can strengthen their development and help to ensure positive life-long outcomes"*