

BCPND Towards Parenthood Program

Preparing for the challenges and changes of a new baby

Who is the program for?

The Towards Parenthood program is for all expecting couples who wish to prepare for the emotional, social, and psychological adjustments to parenthood.

The program has a dual focus on coping skills and parenting skills. It focuses on expectations, couple relationships, family problems, negative life events, rethinking childhood experiences, isolation, infant attachment and mental health issues.

Program content

You will learn:

- How do I learn to be a parent?
- The stress of parenthood
- Preparing for parenthood
- Self-care
- From lovers to parents
- Relationship changes
- Healthy thinking

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About the program

Adjusting to life as a mother or father can be difficult. For many men and women, having a baby is the most significant life-changing event they will ever experience. Adjusting to this major life change, as well as coping with the day-to-day stress of a new baby, can seem overwhelming at times.

The Towards Parenthood program aims to assist parents manage the complex demands and expectations of parenting. It also aims to strengthen the couple's relationship and the relationship between parents and infants. Skills in coping, problem solving, enhancing self-esteem, assertive communication, bonding with your baby and understanding your baby's cues are presented.

The Towards Parenthood program is an evidence-based program developed at the Parent-Infant Research Institute.

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When is it held?

6 week program conducted over 6 evenings with sessions held from 6:00pm to 9:00pm. Program start date to be finalised. Dinner is provided prior to program commencement.

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How to join

Those interested in attending this program will require a referral from their General Practitioner.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

This program is also available under a fee-for-service model on application. Please contact Belmont Therapy Programs for further information by phoning (07) 3398 0270.

Belmont
Private Hospital

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