**Baby Makes 3**

*Baby Makes 3* is being offered to first-time parents as part of the new parent group program at your Maternal and Child Health Service.

**WHAT IS BABY MAKES 3?**

*Baby Makes 3* is a group program for first-time parents. Mum, dad and baby attend a two hour session, once a week for three weeks.

Information is provided by two group leaders—a male and a female.

The *Baby Makes 3* program helps couples maintain **healthy relationships** after the birth of a baby.

Its aim is to promote equal and respectful relationships between men and women during the transition to parenthood.

Enjoyable and interesting sessions about becoming a parent and what it means to you and your relationship

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**NEW PARENTS’ GROUPS**

*Baby Makes 3* is a new program that is being piloted at selected Maternal and Child Health sites in the eastern metropolitan region of Melbourne.

*Baby Makes 3* will be delivered as part of the new parents groups run by your maternal and child health nurse.

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**BENEFITS**

*Baby Makes 3* gives mums and dads the opportunity to share their experiences and hear from others who are going through the same journey. For many Dads this is their first occasion to meet with other first time parents.

People who have participated in the program report it to be interesting and worthwhile. They find that they are not alone in the challenges they face.

Couples have a greater respect for each other’s roles and improved communication about their relationship.
THE BABY MAKES 3 PROGRAM COVERS THE FOLLOWING TOPICS

- Becoming a parent for the first time
- Expectations of mums and dads
- Who does what?
- Healthy relationships
- Meaningful equality
- Intimacy
- Dealing with conflict
- Communication

HOW DO I FIND OUT MORE?

Baby Make 3 is part of your New Parent Group program. Please contact your local Maternal and Child Health Nurse.

For additional information contact:

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