

# Frequently Asked Questions: Transitioning in to Parenting

## What is the purpose of this program?

The program is designed to support new or expectant parents/caregivers facing the myriad of challenges of changes and new experiences associated with bringing their first baby home with tools, knowledge and skills that will enable parents to thrive during this lifechanging relationship transition.

## How long is the program and is it offered face-to-face or online?

This program is delivered by 2 x 90-minute sessions or 3 x 1-hour sessions either face-to-face or online via telehealth (Zoom). Participants work with a counsellor in private sessions to complete the program for a total of 3 hours.

## What topics are covered?

The program explores topic areas including challenges and expectations of transitioning to parenting, child development, roles of parents and new/existing family dynamics, parenting styles, strengthening your relationship and conflict resolution.

## Who can attend?

The program is suitable for new parents and caregivers.

## What equipment is required for online delivery of the program?

This program is currently offered online via Zoom. Participants need to have access to a device such as a laptop/computer or tablet, stable internet connection, and be able to have privacy for the duration of the session (no children or other adults in the same room and participants should use headphones). Smartphones are not recommended as the screens are too small to adequately see the slides and facilitator.

## How do the sessions work?

The sessions will be a combination of presentations via PowerPoint, online videos, and discussions.

## Are participants expected to discuss personal issues?

Participants will complete the program privately with a counsellor. All counsellors at Relationship Matters adhere to strict confidentiality requirements as stipulated by ethical and legal frameworks. Participants are encouraged to discuss personal issues openly and share what they feel comfortable with. Counsellors strive to ensure the sessions are in a safe, respectful, and non-judgmental space for participants to freely share.

## Transitioning to Parenting FAQs

### How do you enrol?

Participants can enrol via our website or by contacting us on 1300 543 396. All participants are required to attend an intake appointment prior to the program start date to ensure this is the correct program for their needs, and to answer any questions about the program.

During the intake assessment, participants will be asked a series of questions about their current circumstances, which they are expected to answer to ensure their suitability for the program. Intake appointments are conducted by phone with the program facilitator or with one of our counsellors (depending on availability) and are for 45-60 minutes.

### Do you get a certificate at the end?

Yes, participants will receive a completion certificate once the 3-hour program has been completed.

### Does Relationship Matters provide a report for court at the end?

No. Participants referred or court-ordered to complete the program may provide a copy of their Certificate, but we do not provide any other information to the courts or third-party agencies/caseworkers.

### What is the cost of the program?

The cost of this program is \$300 (no concession rates available) and participants can enrol via the website or by calling our reception team on 1300 543 396.

### For more information visit:

<https://relationshipmatters.com.au/programs/transitioning-in-to-parenting-private-session/>