

# Sustaining NSW Families



The Sustaining NSW Families program:

- promotes child health and development
- helps families work together and build strong bonds
- supports parent health and wellbeing.

## How it works

The program starts in pregnancy or shortly after giving birth and continues until your baby's second birthday. A child and family health nurse will come to your home. They will work with you to give your child the best start in life.

A Sustaining NSW Families team includes:

- child and family health nurses
- social workers
- other allied health professionals.

They work with you and your family to:

- use your strengths and knowledge to meet your baby's needs
- support the health and development of your baby
- support you in your parenting journey.

The program will not replace your midwife, doctor or maternity care provider for your pregnancy care.

## Getting into the program

Sustaining NSW Families is offered to families who:

1. are likely to benefit from the program, and
2. live in an area where it is offered.

**The program is free and joining is voluntary.**

Families need a referral and to meet eligibility criteria to take part in the Sustaining NSW Families program. Referrals can be made by a maternity service provider, doctor or child and family health nurse. Referrals are made in pregnancy or shortly after giving birth.

For program locations, visit [health.nsw.gov.au/SNF](https://health.nsw.gov.au/SNF)

