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## MEDIA RELEASE

### Giving baby the best start

The birth of a baby can be a happy and exciting time for parents. It can also be a time of stress and challenge. Parents often need support to gain the confidence to take care of their baby. Access to quality support services can help parents create a safe and nurturing home for their baby.

Support for new parents and their babies is the centre of a new inquiry by the NSW Parliament's Committee on Community Services. The inquiry will review current services for new parents, especially for those who need extra help caring for their baby.

"Taking care of a baby is physically and mentally tiring. We want to ensure parents can access the services and resources they need to help them and their baby thrive," said Committee Chair Kevin Conolly MP.

"Parents often don't think of their own physical and mental health when caring for a baby. It's important that they know how and where to get support when they need it."

The inquiry will examine if current services meet the needs of new parents and babies. There will be a focus on how to improve the mental and physical health of families with new babies. The inquiry will also look at how health outcomes for babies can be improved. The role technology can play in service delivery will also be examined.

"We know how important the early years in a child's life are for their development. This is a vital time in shaping their future learning and emotional development."

"We're keen to hear from parents and all interested groups about the services available to new parents. We want to know if the support and resources are meeting their needs. And about what can be done to improve the quality and availability of services."

Further information, including the inquiry's terms of reference and how to make a submission, is on the Committee's webpage at [www.parliament.nsw.gov.au/communityservices](http://www.parliament.nsw.gov.au/communityservices).

The closing date for submissions is **17 November 2017**.

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