

**Supplementary  
Submission  
No 28a**

## **SUPPORT FOR NEW PARENTS AND BABIES IN NEW SOUTH WALES**

**Organisation:** Playgroup NSW

**Date Received:** 6 June 2018

Partially  
Confidential

Recently our team has uncovered an issue which we feel is pertinent to the needs of mothers with new babies particularly in Western Sydney

The Early Childhood Health Clinics have tight restriction for families wanting to join a parents group. Today we received a call from [REDACTED] who has a 9 week old baby and was unable to join a parents group as her baby was considered too old. This is a regular occurrence for families in this area. Families need to book into the clinic within the first 3-4 weeks of leaving hospital. The clinic does not have the capacity to take on the number of families who enquiry about a parents group and they refer the overflow families over to Playgroup NSW. An example of the limitations experienced by the clinic in setting up new mothers groups : they only take first time parents, babies cannot be over 9-12 weeks when the group commences, second time parents who have suffered PND are also excluded.

The clinic gives out the Playgroup NSW number to these families. We refer these families to a baby playgroup in their area where we can OR if there is no baby groups for them, we place them on an EOI's list in the hope of starting a new group when we get a enough interest.

There is a great divergence in practice across local health districts with some areas no able to set up new mothers groups at all due to the volume of new babies and there a strict limit on the entry criteria.

Mothers groups are important step in mothers building a social network in the community and Playgroup NSW is not currently resourced to establish these group but could do so with an establishment grant of \$800,000 per annum to maintain support for the volume of new babies born in NSW.

Kind regards  
Karen van Woudenberg

Deputy CEO  
Playgroup NSW