



Guideline for Referrals to Mum for Mum

About Mum for Mum

Our goal is to facilitate a secure and trusting relationship between the volunteer and the recipient mother. We aim to alleviate isolation, anxiety, and depression building the confidence of the recipient mother.

"Our aim is to affirm the joy of motherhood and enable a mother to be fully attuned to her child's needs. "

Nadene Alhadeff, CEO Mum for Mum

What we do

Volunteers visit mothers once a week during the first year of their baby's life to provide emotional support. The role of the volunteer is to listen, witness, and reassure the recipient mother, be a companion, confidant, and role model, and to provide a sounding-board for the mother. Our role is NOT to give advice or take the place of a professional.

Terms of Participation

The recipient mother is asked to sign "[Terms of Program Participation and Confidentiality Agreement](#)".

Eligibility for Referral to Mum for Mum

Our organisation supports mothers from their last month of pregnancy through the first year of their baby's life. Most of those eligible for our program are identified as being vulnerable due to isolation, a history of anxiety and depression, or physical health challenges.

We are not case workers and so are not equipped to support mothers who are:

- Substance abusing
- Currently experiencing domestic violence which may put the volunteer at risk, or be outside their ability to offer emotional support
- Active Child Protection Issues
- Suffering from mental illnesses other than depression and anxiety
- Experiencing extremely challenging circumstances, unless they concurrently well-supported by professionals and/or agencies

We can only assist mothers who live within reasonable driving distance from available volunteers. This is assessed on a case-by-case basis. Areas supported may include the Eastern Suburbs, Inner West, North Shore and Northern Beaches.

Volunteer Training and Supervision

A Key to Mum for Mum's success is the emphasis on ongoing training, supervision and peer support of our volunteers. Our focus is around healthy relationships and empowering mums to find their voice and make the best decisions for themselves and their baby.

Volunteer Checks and Vaccination

All volunteers undergo Working with Children checks and are encouraged to have all their vaccinations up to date. All our volunteers are mothers themselves, and a large number are tertiary educated.

Mum for Mum is a registered charity, with tax-deductibility status.



mumformum.org.au