



Mum for Mum
Supporting the transition to parenthood

Terms of Program Participation and Confidentiality Agreement

- Welcome to the Mum for Mum program. We aim to provide emotional support for women during their last month of pregnancy and throughout the first year of your baby's life. The support is provided by trained volunteers who are mothers themselves. All our volunteers have undergone Working with Children checks.
- Our volunteer is available to meet with you weekly for about an hour at a regular time that suits you both. We understand that these times might change depending on both your circumstances, and that you may prefer fortnightly visits, or finish the program before your baby turns one.
- The volunteer's role does not include housework or babysitting. Her core role is to provide emotional support. However we can interact and watch the baby for up to ten minutes when you are within earshot, eg: while unloading the dishwasher, making yourself something to eat, or having a shower.
- Volunteers do not give professional advice and their support is not seen as replacing professionals. Their role is to serve as a sounding board and to help you identify and access appropriate resources.
- Your volunteer is able to go on walks or other agreed upon outings with you and your baby, however the volunteer is not able to drive you to these outings.
- We expect that personal discussions will take place between you and your volunteer. Your privacy and that of your volunteer's needs to be respected.
- If at any times there are concerns about the risk to you or your baby, the Mum for Mum Co-ordinator will contact the appropriate services.
- Towards the end of the program we would appreciate you providing us with verbal or written feedback in order for us to improve the service we provide. We will contact you before the completion of the program to ask for your cooperation in doing this.
- Mum for Mum is a non-denominational registered charity. It is modelled on a program which started in Boston and is dependent on donations and community funding.
- If you have any questions or concerns about the Mum for Mum program please feel free to contact us at contact@mumformum.org.au.

We look forward to supporting you.

Nadene Alhadeff
CEO and Eastern Suburbs Coordinator



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