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Program of Resources, Information and Support for Mothers



Being a Mother and Staying in Touch

When you have a baby, it's sometimes hard to maintain your social contacts with friends and even family.

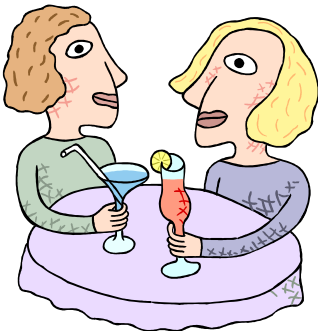
Yet having people you can:

- ☺ talk to
- ☺ share experiences with
- ☺ who will listen to you
- ☺ ask to help you
- ☺ ask them to mind your children
- ☺ have fun with



can make life a lot easier for you as a mother.

Social networks are important!



Sharing your experiences with others is especially important for mothers as we have to learn so much 'on the job'. So meeting other mothers through local activities can be the beginning of some very important friendships.

Don't forget to ask your nurse about local activities for mothers. Or, try some of the following suggestions for places and ways to meet other mothers locally.

- ◆ Try to get out of the house regularly
- ◆ Try going for walks in you local area - a good way to meet mothers who live nearby
- ◆ Try saying "hello" to other mothers at the park
- ◆ Try to smile if other mothers say "hello" to you
- ◆ Try to go to places where you know mothers meet.



Places you Might Meet other Mothers

Places where mothers meet is anywhere they and their children feel welcome and wanted.

“Becoming a mother opened the door to a whole new group of friends – Sally from down the road who my nurse suggested I might get along with, Trish and Viv from my pottery class. The first step was the hardest, but I figured, chances are, if you’re thinking of saying ‘hi’, the other person is too!”

Maternal and Child Health Centres

first time mothers groups, mothers living locally, connections to local activities

Playgroups - are great for babies to learn through play and interact with other babies. Playgroups are for grown ups too!

Playgrouping Victoria ☎ 9388 1599

Community Houses - great places to meet people with varied interests and get involved in different activities

Crib Point	☎ 5983 9888	Mount Martha	☎ 5974 2092
Currawong	☎ 5975 9553	Rosebud	☎ 5986 5882
Dromana	☎ 5987 2631	Rye Beach	☎ 5985 4462
Hastings	☎ 5979 2918	Somerville	☎ 5983 9888
Mornington	☎ 5975 4772	Sorrento	☎ 5984 3360
Mount Eliza	☎ 9787 8160		

Sorrento Athenaeum Cinema - mother and baby sessions Monday morning, fortnightly ☎ 5984 2903

Mothers walking groups

some meet at Maternal and Child Health Centres or at other locations close by

Toy Library - operated by parents, sharing resources, meeting local parents
Hastings ☎ 5986 0870 Mornington ☎ 5975 2348 Rosebud ☎ 5986 0890

Storytime - at the Library
Hastings ☎ 5986 0870 Mornington ☎ 5986 0860
Rosebud ☎ 5986 0890 Somerville ☎ 5986 0880

Leisure Solutions - recreation opportunities; eg. team sports, yoga, aerobics
Hastings ☎ 5979 1308; Mornington ☎ 5975 0133; Somerville ☎ 5977 5155

Local Cafes - look for the PRISM or NMAA breast feeding friendly stickers