



# WE WANT TO HEAR FROM PARENTS & CARERS WITH A BABY OR YOUNG CHILD (0-5 YEARS)

A range of challenges can present during pregnancy, infancy and the early years. They can have a huge impact on the **mental health and wellbeing of babies, young children, and their parents and carers**. Currently, services are not able to support all of those in need.

In 2021, a Ministerial Taskforce has been launched to come up with a plan for **improving public mental health services for babies, children and young people (under 18) in WA**.

To come up with the plan, the Taskforce is speaking with a range of people. **In September, the Taskforce is running two 90-minute focus groups with parents and carers who are expecting a baby, or have a baby or young child (under 5).**

## We would like to hear from you if...

You are experiencing or have experienced **mental health issues** during pregnancy or in the first 3 years after the birth of your baby

You have or have had **crying, feeding or sleeping difficulties** with your 0-5-year-old that require professional support

You have or have had **behavioural, emotional or social concerns** about your 0-5-year-old

You have or have had **attachment or relationship issues** with your 0-5-year-old

You and your 0-5-year-old are experiencing or have experienced **stress and trauma** related to biological issues (e.g. illness, prematurity), drug and alcohol issues, or family domestic violence

We would like to hear about your experiences of seeking help and your ideas on what improvements should be made. Some of the questions we might ask are:

What experiences have you had of **seeking help** for yourself and your 0-5-year-old?

When seeking help for yourself and your 0-5-year-old, what **went well** and what **did not go well**?

Looking back, what would have made your experiences of seeking help **better**?

### FOCUS GROUP 1

#### (SOUTHERN SUBURBS)

Wednesday, 1 September  
10:30AM – 12:00PM

Meeting Room 5, Riverton  
Leisureplex (67 Riley Rd,  
Riverton 6148)

**A crèche will be available  
for your children**

**All participants will be paid for their time.**

### FOCUS GROUP 2

#### (NORTHERN SUBURBS)

Wednesday, 8 September  
4:00PM – 5:30PM

Child and Parent Centre,  
Banksia Grove (14 Viridian  
Drive, Banksia Grove 6031)

**A carer will be available for  
your children**

**If you would be interested in participating in a focus group, please fill out the expression of interest form here: [Click this link](#) or scan the QR code.**

Focus group numbers are limited. We will let you know by Friday, 20 August if you are invited to attend. The Taskforce is interested in everyone's view. If you are not invited to attend a focus group, we will notify you of other ways that you can provide feedback.

