‘I felt like I was babysitting my baby - now I feel like a mum’

‘Someone to talk to in a safe place, it’s good that I can be open and honest with my practitioner’

‘This is so different to any other service. I know they are not going to disappear when they think I’m ‘fixed’. I have just felt abandoned too soon in the past and the changes I made did not last’

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**For Baby’s Sake sites**

**Hertfordshire**
(Stevenage, North Herts and Welwyn Hatfield)

**Central West London**
(Kensington & Chelsea, Hammersmith & Fulham and Westminster)

**Cambridgeshire**
(Cambridge City, South and East Cambridgeshire)

**Blackpool**

For more information on **For Baby’s Sake** or to offer support and get involved, please phone the Stefanou Foundation on:

01438 873420

or email

welcome@forbabyssake.org.uk

To make a referral or contact one of our teams directly, visit the website for their contact details.

www.forbabyssake.org.uk

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**For Baby’s Sake** is a programme for expectant parents, whether together as a couple or not, who want to bring an end to domestic abuse and create the best possible start in life for their baby.
For Baby’s Sake is a programme that helps parents to make changes in their lives and end hurtful or harmful behaviour that makes them feel scared or bad, so they can feel safe, respected and good about themselves.

We also help both mums and dads to create a positive future for their baby and any other children in the family, even if they are not together as a couple any more.

Both parents decide to come to For Baby’s Sake during pregnancy and their involvement may last until the baby is two years old – a really important time in a child’s life when the brain is developing and important bonds are forming.

At each stage of the journey, we work therapeutically, providing support matched to the needs of each mum, dad, baby and any other children, to help mum and dad (the ‘co-parents’) as their children grow and develop.

Sessions will take place in parents’ homes or in local venues like children’s centres at times to suit parents.

We welcome introductions from midwives or other workers or direct contact from parents themselves.

For Baby’s Sake is a commitment that could be life-changing. We won’t judge people for what they’ve done, what they’ve experienced or how they are as parents. Instead we help them to face any challenges in their lives and give them new ways to handle emotions such as anger and fear, so that they can start to enjoy taking responsibility for their future.

Our first priority is that everyone in the family is safe throughout the whole programme.

For Baby’s Sake is for parents who:

- Are expecting a baby and ideally haven’t yet reached 28 weeks of pregnancy.
- Both want the very best for their baby and to be the best parents and people they can be.
- More than ever, want to feel safe, physically and emotionally, and in control of their lives.
- Want to change the behaviours that sometimes cause hurt or fear in their relationship and family.
- Want their children to grow up seeing a healthy relationship between their parents.
- Want to share the parenting of their baby, even if they don’t live together or stay together as a couple.
- Might have experienced significant difficulties in their own childhood and want a better start for their baby.
- Will both be aged 17 or over when the baby is born (there is no upper age limit).
- Live in one of our For Baby’s Sake areas.