

Building Confidence and Connection Through Home-Start Hampshire Support



**MUM'S JOURNEY
DEMONSTRATES THE
IMPACT OF EARLY,
NON-JUDGEMENTAL
SUPPORT IN HELPING A
PARENT FEEL MORE
CONFIDENT, CONNECTED,
AND CAPABLE.**

When Mum was referred to Home-Start by the Perinatal Mental Health Team, she had just welcomed her second baby while caring for her toddler, who was only 18 months old. With two children under two and very little local family support, those early months quickly became overwhelming.

Mum was experiencing significant post-natal depression, anxiety, and low mood. Dad worked long hours and was often away from home, leaving Mum to care for both children alone for much of the day and evening.

Although she hoped to return to work, a step she felt was important for her wellbeing and sense of identity, Mum felt anxious and lacked the confidence and emotional energy to begin the process.

A Home-Start volunteer was matched with the family as early as possible. Their role was to offer emotional and practical support, provide Mum with short periods of respite, and help her rebuild confidence after a difficult start.

What the Volunteer Supported With

- Respite and practical help: engaging the children in play so Mum could rest or complete essential tasks.
- Getting out into the community: accompanying Mum and the children to local groups to help build connections and develop a supportive local network.
- Confidence-building: supporting Mum as she explored the steps towards returning to work.

- Early years planning: helping Mum apply for funding and secure an early years setting for her older child to start in September.

Positive Progress

Over the following months, Mum made steady and meaningful progress. She began sleeping better and developed a more predictable routine around both children's sleep patterns. As her confidence grew, she started taking the children out independently and regularly attended community groups.

Mum now feels better equipped to manage moments of overwhelm, supported by both her Home-Start volunteer and the Perinatal Mental Health Service.

Although still nervous about returning to work, she has developed new skills, gained a greater awareness of her own emotional and physical needs, and built confidence entering new environments—all significant milestones since her referral.

Moving Forward

With continued support and her own determination, Mum continued to build a more positive and sustainable future for herself and her family.



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SIMILAR CIRCUMSTANCES
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VOLUNTEER TRAINING &
SUPERVISION AND COVER
EXPENSES TO VISIT A
FAMILY IN THEIR OWN
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