

**'I'm being the change,
not just talking
or thinking about
changing, now, I'm
finally doing it'**

'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'

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

To find out more about

***For Baby's Sake, contact your
local For Baby's Sake team on:***

01223 715622

(Cambridge City,
South and East
Cambridgeshire)

or email

forbabysake@cambridgeshire.gov.uk

Your safety is our priority

**Please let us know how best to contact
you so you will be safe and free to have an
informal chat**



The For Baby's Sake Trust is a registered charity (1126459)
and company limited by guarantee (6713945)



***For Baby's Sake could
be for you if you're about
to become a mum or dad
to a new baby, and
you want to bring an end
to domestic abuse and
create the best possible
start in life for your baby***



www.forbabysake.org.uk/cambridgeshire

For Baby's Sake could help you to make changes in your life and end hurtful or harmful behaviour that makes you feel scared or bad, so you can feel safe, respected and good about yourself.

We can help you as a parent to create a positive future for your baby and any other children in your family, even if you're not together as a couple any more.

You and your co-parent decide to come to *For Baby's Sake* during pregnancy and your involvement may last until your baby is two years old – a really important time in a child's life when their brain is developing and important bonds are forming.

At each stage of the journey, we work therapeutically, providing support matched to the needs of everyone involved (yours, your co-parent's, your baby's and any other children's) to help you as your children grow and develop.

Sessions take place in your home or in local venues like community hubs or family centres at times to suit you, and some sessions may take place using video technology and/or by phone.

We welcome introductions from your midwife or others supporting you or you can make contact with us yourself.



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

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

'It's a good programme, it helps people with their baby and relationships. If they were in my situation, I would say do it'

For Baby's Sake might be for you if:

- You are expecting a baby and ideally haven't yet reached 28 weeks of pregnancy.
- You both want the very best for your baby and to be the best parents and people you can be.
- More than ever, you want to feel safe, physically and emotionally, and in control of your life.
- You realise your behaviour sometimes hurts or scares your family and you want to change.
- You want your children to grow up seeing a healthy relationship between their parents.
- You want to share the parenting of your baby, even if you don't live together or stay together as a couple.
- You might have experienced significant difficulties in your own childhood and want a better start for your baby.
- You will both be aged 17 or over when the baby is born (there is no upper age limit).
- You live in Cambridge City, South or East Cambridgeshire.