'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:

07702 538080
(Stevenage, North Herts or Welwyn Hatfield areas of Hertfordshire)

07702 538100
(Westminster, Hammersmith & Fulham and Kensington & Chelsea)

or email welcome@forbabyssake.org.uk

Your safety is our priority. Please let us know which area you live in and how best to contact you so you will be safe and free to have an informal chat.

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

'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'

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.

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

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 their lives change.

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

Childcare and travel costs can be provided to allow parents to take part.

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 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 one of our areas: Westminster, Hammersmith & Fulham and Kensington & Chelsea or in the Stevenage, North Herts or Welwyn Hatfield areas of Hertfordshire.

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