

*We should get the chance to*  
**CELEBRATE**  
*our pregnancy*

**I NEED TO  
MAKE A  
REFERRAL**

**HOW ARE  
YOU GOING  
TO COPE?**





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

**“We should get the chance  
to celebrate our pregnancy.”**

Some parents found it difficult to celebrate their pregnancy because they felt surrounded by negativity and judgement from their corporate parents.

Parents felt it was important to have opportunities to celebrate their pregnancy and look forward to the future positively.



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REMEMBER  
I NEED  
SUPPORT  
TOO!





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

### “Remember I need support too.”

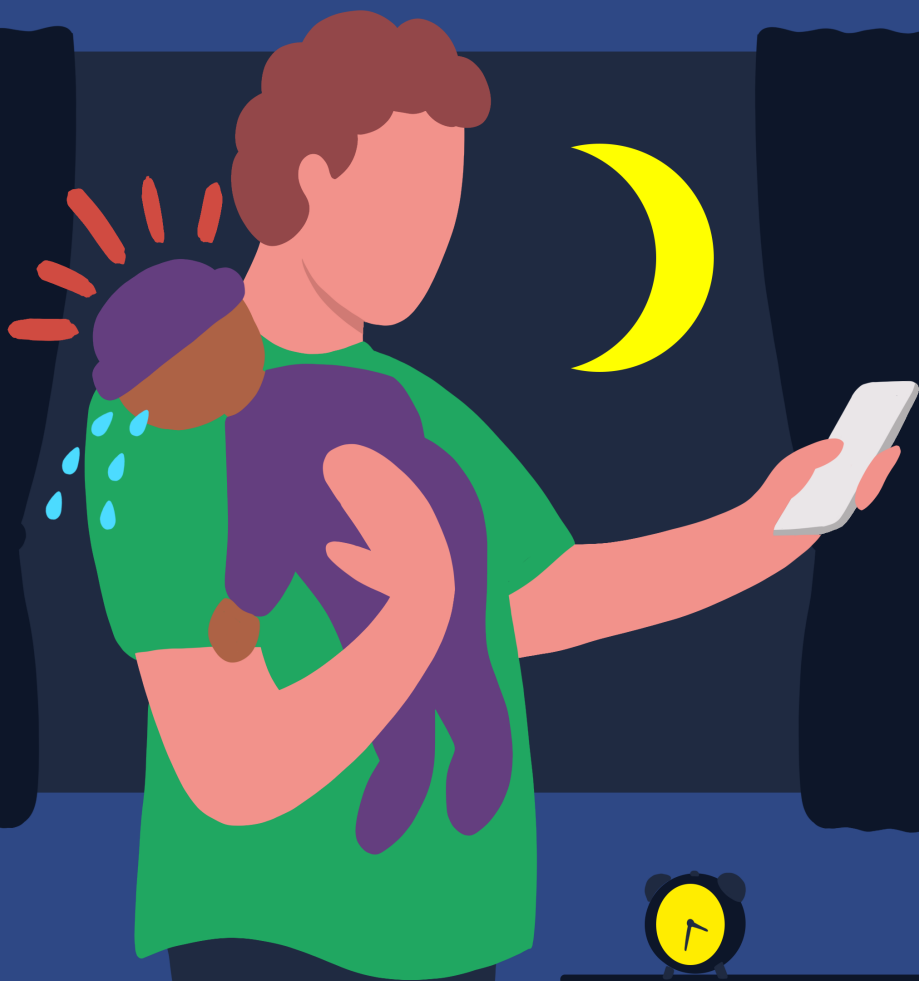
Some parents felt that all of the attention and support was focused on their baby and that they had been forgotten about.

Parents wanted their corporate parents to remember to consider their rights, needs and wishes as well.



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WHO CAN I CALL  
IN THE MIDDLE  
OF THE NIGHT?





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

### “Who can I call in the middle of the night?”

Some parents felt on their own and didn't know who they could call for reassurance and advice.

Parents felt it was important for their corporate parents to check-in regularly and if necessary, develop a plan for who could help them 'out of hours'.



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*Don't add*  
**EXTRA  
PRESSURE**





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

### “Don’t add extra pressure.”

Some parents felt they were being put under additional pressure with the involvement of so many services and professionals.

Parents felt it was important that their corporate parents were mindful that becoming a new parent can be overwhelming for anyone (regardless of care experience) and to consider their well-being.



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# SEE ME AS I AM





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

### “See me as I am.”

Some parents felt that they were being unfairly judged based on their family history and past behaviour.

Parents felt it was important that corporate parents see them as they are now, to recognise change and growth and acknowledge strengths and resilience.



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SUPPORT ME  
*don't scrutinise me*





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

### “Support me don’t scrutinise me.”

Some parents felt that professionals were monitoring and scrutinising them, rather than supporting.

Parents felt it was important that corporate parents build relationships to offer advice and guidance, rather than judgement.



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# HELP ME THRIVE, NOT JUST SURVIVE



care chances advice support  
encouragement help  
future planning training

respect judgement  
negativity stigma





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## Supporting Parents in and Leaving Care: #MessagestoCorporateParents

### “Help me thrive not just survive.”

Some parents felt that stigma and poor support held them back.

Parents felt that with the right support from their corporate parents they could thrive as parents and reach their full potential.



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