**Case Study 1. (255 words)**

**Flying Start.**

This case began when a Family Worker (FW) started supporting a Mum who was struggling with confidence and felt unable to leave the house with her baby. Living in her in-laws’ home, where relationships were strained, Mum often found herself isolated in a bedroom with her baby, feeling lonely and overwhelmed.

Weekly visits from the FW provided a consistent space for Mum and Dad to talk openly. They explored the benefits of attending local baby groups, not just for the baby’s development, but also for Mum’s well-being and sense of community. The FW worked collaboratively with Mum to identify small, manageable steps. Through gentle conversation and reassurance, Mum felt empowered to make a plan that worked for her.

After a few visits, Mum shared that she would feel more comfortable attending groups if she could go with a friend. With this plan in place, Mum and Dad began attending “Clwb Hwyl”, and a baby group each week with their friend and her baby, and they now look forward to it every week.

During this journey, Mum disclosed that she is autistic and finds busy or unfamiliar settings challenging. The FW created a safe space to talk through her sensory needs and discussed strategies to reduce anxiety. Mum responded well, taking control of her own journey and choosing how to move forward.

Today, Mum shares her positive experiences at group sessions with pride. She’s enjoying time with her baby, connecting with others, and growing in confidence week by week.