

Mothers and Babies Program Fact Sheet



“I feel confident in myself now. I know I have the skills to be a great mum, the kind of mum I always dreamed of having.”

Emily, mother to Aiden and Archie, aged 17

Creating futures for young mums and bubs

Lighthouse Foundation's Mothers and Babies program is especially designed to provide holistic support to homeless young mothers and their babies.

Before Lighthouse, many young homeless women live in dire circumstances and are faced with uncertain, terrifying futures. They are often pregnant or parenting infants too.

The top three reasons why young pregnant women or new mothers arrive at Lighthouse are because of relationship and family breakdown; abuse and domestic violence. For many, sleeping on the streets is their safest option and having no where to go after leaving the hospital is their reality.

The program aims to assist young women in their transition into motherhood, and give infants the opportunity to build a healthy attachment with their mothers.

How the program works

Each Lighthouse 'Mums and Bubs' home provides safe, accommodation for up to three disadvantaged young mums and their babies with two full time live-in carers providing essential support during a critical development time.

Young mums entering the home are provided with round-the-clock support, just like a parent or grandparent would provide. They are supported by a range of tailored education and life skills trainings provided by a team of professional psychologists, counsellors and youth workers.

The tailored program provides support for two vulnerable generations at once.

The program helps homeless mothers between the ages of 15 and 22 manage the stresses of new motherhood and learn vital new parenting skills which have an enormous impact on their babies' health and wellbeing. Often for the first time these young women learn how to care for their infants by learning from experienced, nurturing carers.

Just like our Live-In Care program in other Lighthouse homes, the young women and their babies are able to stay at Lighthouse until they are ready to leave. This ensures we are truly breaking the cycle of homelessness.

Most importantly, the Lighthouse Mothers and Babies homes are a place where young women and their new bubs – perhaps for the first time in their lives – feel safe and have somewhere to truly call home.

To donate to Lighthouse simply call 03 9093 7500 or go to donate.lighthousefoundation.org.au.

For over 25 years Lighthouse Foundation has successfully supported over 800 young people to break the cycle of homelessness. Lighthouse provides homeless young people from backgrounds of long-term neglect and abuse, with a home, a sense of family, and around-the-clock therapeutic care that is proven to work.

