

Working together to support Aboriginal families across pregnancy and the early years



Strong, respectful relationships are central to supporting Aboriginal families. Strengthening Foundations supports health professionals working in Aboriginal Maternal and Infant Health Services (AMIHS) and Building Strong Foundations (BSF) teams to build cultural responsiveness, strengthen partnerships and work in ways that honour culture, community and family strengths from pregnancy through to early childhood.

Through reflective learning, Aboriginal family voices and practice-based scenarios, this learning pathway supports participants to:

- build strong, respectful partnerships with Aboriginal families and communities
- strengthen culturally safe practice across maternity and child and family health
- work collaboratively with Aboriginal Health Workers/Practitioners, Midwives, Child and Family Health Nurses and Allied Health professionals
- support Aboriginal families across pregnancy, birth and early childhood.

Culture. Connection. Respect.

Search for **Strengthening Foundations Learning Pathway**

Course code: 45421712



Program overview

This learning pathway brings together five eLearning modules that support culturally safe, respectful care with Aboriginal families across pregnancy and early childhood. The modules may be completed as a pathway or as stand-alone learning and support collaborative practice across pregnancy, the postnatal period and early childhood. The learning pathway is intended for Aboriginal Maternal and Infant Health Service (AMIHS) and Building Strong Foundations (BSF) staff, as well as NSW Health staff working with Aboriginal families.

Module 1: Respectful partnerships when working alongside Aboriginal families, community and services (course code: 328188717)

This introductory module focuses on strengthening respectful and effective partnerships between Aboriginal Health Workers and clinicians when supporting Aboriginal families, communities and services. It supports shared understanding of team relationships, roles, and collaborative ways of working in maternity and child and family health settings. You will have the opportunity to:

- reflect on how Aboriginal Health Workers and clinicians function together as a team
- explore the roles, expertise and challenges each team member brings to care
- identify practical ways to build trust, rapport and shared understanding in everyday practice.

Module 2: Supporting Aboriginal families during pregnancy (course code: 360543197)

This module explores how Aboriginal Health Workers and Midwives can work together to support Aboriginal families during pregnancy through culturally safe, respectful and partnership-based care. Using an authentic case study drawn from Aboriginal maternity services, the module focuses on common situations experienced in practice. You will have the opportunity to:

- explore partnership approaches to supporting mothers and families during pregnancy
- reflect on shared roles and responsibilities within the care team
- consider how trust, communication and collaboration strengthen woman centred care.

Module 3: Supporting Aboriginal families after childbirth (course code: 522930064)

This module focuses on supporting and maintaining engagement with Aboriginal families after childbirth through culturally safe, inclusive and responsive care. The module centres the voices of families and highlights the importance of continuity of care during the postnatal period. You will have the opportunity to:

- hear directly from Aboriginal families about what matters to them after childbirth
- reflect on how these perspectives influence your own practice
- explore partnership approaches that support early engagement and ongoing connection.

Module 4: Strengthening Foundations - Supporting Aboriginal children and their families in the early years (course code: 618263380)

This module supports staff to work alongside Aboriginal families to promote the health and wellbeing of children from pregnancy through to five years, including across The First 2000 Days. The focus is on strengths-based, culturally safe approaches that recognise family knowledge, culture and community connection. You will have the opportunity to:

- explore what Aboriginal families identify as important in supporting their children's health, development and wellbeing in the early years
- reflect on how these perspectives shape your practice
- explore strategies that support child development, family strengths and access to care pathways.

Module 5: Yarning about Quitting (course code: 84056788)

This module focuses on culturally safe, respectful and trauma informed approaches to supporting Aboriginal families with smoking and vaping cessation during pregnancy and the postnatal period. It supports staff to build confidence in having meaningful, strengths-based conversations about quitting. You will have the opportunity to:

- explore ways to build trust and talk openly with women and families about smoking and vaping
- consider how to share information in a way that supports choice, strengths and individual goals
- reflect on culturally safe strategies that support quitting and connection to ongoing support quitting and access to ongoing support.