

Baby & Me – Gozo

Guiding parents through the early years of raising a child with additional needs.

Welcome to Baby & Me

The *Baby & Me* programme in Gozo is here to walk alongside parents during the critical early years of their child's life. We know that raising a baby or toddler with a disability, or one who may be at high risk for autism, comes with unique challenges – and you don't have to face them alone.

The programme is also open to families who may not have a diagnosis but have concerns about their child's development and would like guidance on how to best support them.

Our aim is to empower parents with knowledge, strategies, and support so they can feel confident in nurturing their child's development while also taking care of their own wellbeing.



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What We Offer

- **Practical Guidance**

Workshops and expert-led sessions on child development, communication, sensory needs, and early intervention strategies.

- **Parent Wellbeing**

Resources and tools that promote self-care, resilience, and mental health for parents and caregivers.

- **Peer Support & Community**

Opportunities to connect with other families who share similar experiences, helping parents feel less isolated and more supported.

- **Access to Resources**

Information and referrals to services, therapies, and supports available for children with disabilities or developmental differences.



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Why Baby & Me?

- Provides early support during the most important developmental years (0–3)
- Equips parents with knowledge and skills to respond to their child's needs
- Reduces isolation by connecting parents with a supportive community
- Promotes wellbeing and resilience for the whole family

Who Can Join?

- Parents and family members of infants and toddlers (0–3 years old) with a disability
- Parents and family members of toddlers considered at high risk for autism
- Concerned parents and family members of infants and toddlers exhibiting developmental delays
- Parents and family members who would like to understand child development
- Families living in Gozo who want guidance and support in their parenting journey



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Get Involved

- Attend Our Parent Workshops – Learn strategies and gain confidence
- Connect with Other Families – Share your journey with those who understand
- Reach Out for Support – Access resources and guidance tailored to your needs

Together, we can create brighter beginnings for children and stronger support for parents.



To Apply: <https://forms.office.com/e/0M51Ub237E>

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