

# Friendly Faces for Families

## What is FF4F?

FF4F is all about families feeling welcome in their communities and having the strategies to go to all the everyday and enjoyable places involved in busy family life.

## Why use FF4F?

Participating in everyday and enjoyable activities can be hard when you are planning for your child's additional needs. The Healthy Mothers Healthy Families site has lots of information on your health as a parent, recognising that parent and family health has the biggest impact on whether families get out in their communities. FF4F supports you to think about the everyday and enjoyable places you would like to access with your family, and how you can feel prepared.



## What is in the modules?

---

### **Module 1:**

**Fun and community  
can start at home**

- The nest
  - Finding time
  - Setting yourselves up for good experiences
- 

### **Module 2:**

**Everyday and enjoyable  
places in your community**

- Finding your community
  - Noticing what your family enjoys doing
  - Planning for your child's needs out and about
- 

### **Module 3:**

**Communication  
and advocacy**

- Describing your child and family situation
  - Self-advocacy and professional advocacy
  - Preparing to communicate your needs
- 

### **Module 4:**

**Troubleshooting things  
that get in the way**

- The attitudes of others
  - Managing worry
  - Knowing your rights
-