



Hobart City Mission

Caring since 1852

Working with Young Mothers & the Impacts of Intergenerational Trauma

Hanna Richardson



Do things Differently

Many young mothers have never experienced safety in relationship —

yet we expect them to provide it.



Finding Gaps – Being Innovative





What is
Small Steps?

Our multi-purpose play and meeting
room



Our Young Mothers

- History of out-of-home care
- Fractured attachments
- Known to Child Safety early
- High fear of removal
- Limited safe decision-making experience

Intergenerational Trauma in Practice

- Survival adaptations
- Hyper-compliance or withdrawal
- Mistrust of systems
- Heightened nervous system
- Limited lived experience of healthy, safe relationships



The Risk Lens



The Capacity Lens





Our Practice Pillars

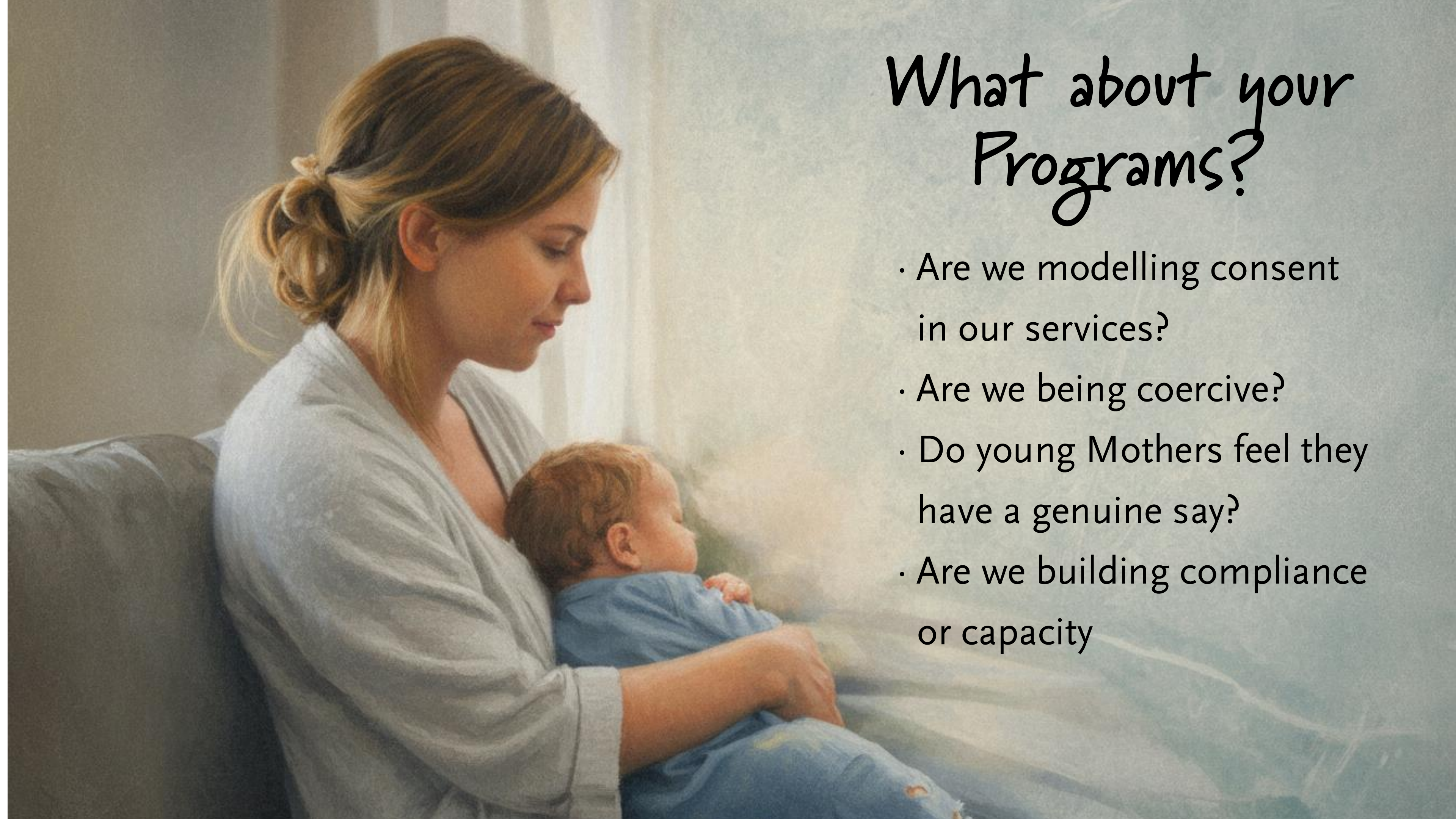
- Safety
- Consent
- Empowerment and Agency

"Capacity doesn't grow
under surveillance. It
grows in safety"



A detailed oil painting of a young child with light brown, slightly messy hair and blue eyes. The child has a serious, almost somber expression, looking slightly to the right. Their cheeks are rosy, and they are wearing a blue, textured jacket over a light purple shirt. The background is a soft, out-of-focus landscape with warm, earthy tones of brown, tan, and muted green, suggesting a natural setting. The lighting is soft, highlighting the child's features and the texture of the jacket.

Where the work
remains complex

A soft-focus photograph of a woman with blonde hair tied in a bun, wearing a light blue hospital gown, holding a baby in a blue hospital gown. They are sitting on a couch, looking out a window with sheer curtains. The lighting is warm and natural, coming from the window.

What about your Programs?

- Are we modelling consent in our services?
- Are we being coercive?
- Do young Mothers feel they have a genuine say?
- Are we building compliance or capacity

Intergenerational Trauma
is powerful – but so is
intergenerational healing



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Thanks for listening Any Questions?

