



Supporting Parents in WA Communities

Free evidence-informed parenting programs delivered by Parenting Connection WA,

Metro		
Service Provider	Contact Details	Coverage
 	<p>T: 08 9368 9369 E: NorthWestMetro.PCWA@ngala.com.au W: www.parentingconnectionwa.com.au</p> <p>Program Bookings: Find a group session Ngala - Raising Happiness</p>	<p>Metro (North West): City of Perth, Stirling, Vincent, Joondalup, Wanneroo, Subiaco, Nedlands, Town of Claremont, Cottesloe, Cambridge, Mosman Park and the Shire of Peppermint Grove.</p>

Parenting Connection WA

Is a state wide partnership between Ngala and Anglicare WA that draws on Wanslea's expertise in the Wheatbelt and Great Southern.

Funded by the Department of Communities, we give parents and caregivers of children aged 0 – 18 years across Western Australia the support they need to improve the wellbeing and development of their children. For Free.

Parenting Connection WA works with local communities to identify needs, ensuring services are the right fit.

Workshops for caregivers of kids include:

- Strengthening bonds • Managing emotions • Teaching self-regulation • Fathering courses • Nurturing after trauma • Playgroups • Self-care for parents & carers • Childhood anxiety • Screentime boundaries

Evidence-informed Parenting Programs

Parenting Coordinators are trained and able to recommend suitable parenting programs that will support parents and caregivers based on their unique needs and situations.

Circle of Security Parenting™

Suitable for parents who struggle with identifying and meeting their child's emotional and physical needs. Provides tools to repair relationships after ruptures. 8 x 2 Hour sessions for parents of children from the 0-6 age group.

Please note: The program asks parents to be self-reflective on how they were parented and the impact it has on their interactions with their child/ren. For this reason, it may not be suitable for parents with limited capacity for self-reflection.

Circle of Security parenting is **based on attachment theory and focuses on the relationship between parent and child**. From a basis of observing and understanding a child's needs, the theory emphasises how the parent's relationship with their child is key to success in everyday parenting matters, such as concerning behavior, emotional outbursts, and emerging independence behavior patterns.

Parents will:

- Learn how to identify their child's need
- Learn how to respond rather than react to their child's need
- Learn about their personal parenting experience
- Remind themselves of just how important they are.

Bringing Up Great Kids

Including Bringing Up Great Kids First 1000 days and Brining Up Great Kids After Violence. For parents with who need to develop more positive ways to communicate with their children. 6 x 2 Hour sessions for parents of children aged 5 – 12 years.

Bringing Up Great Kids uses ideas of mindfulness and reflection to support parents to review and **enhance patterns of communication with their children**, to promote more respectful interactions and **encourage the development of children's positive self-identity**. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges. Bringing Up Great Kids draws from child-centred and strengths-based perspectives, neurobiological development, attachment theory and narrative approaches.

Please note: Various versions of this program is available. Please speak to your local Parenting Coordinator to find out more.

Tuning In To Kids and Tuning In To Teens

For those who need support with emotion coaching and regulation, dealing with conflict and anger with their kids. A 6-week program for approximately 2 hours per session.

Tuning In To Kids (parents of 3–10 year old) / Tuning In To Teens (parents of 10-16 year old).

The program is based on the concept of **Emotional Intelligence** which involves using your emotion to guide you through life and will teach you how to Emotion Coach your child. It's about being able to use your own knowledge of emotions to make decisions, to selfregulate, to manage anger and conflict, to help you in your relationships with people, and to know and understand what is happening in social situations.

When parents focus on helping their child learn about emotions, they are more likely to:

- Have greater success with making friendships
- Manage conflict with peers
- Have better understanding and concentration, leading to higher academic achievement
- Be more able to self-soothe when upset or angry • Have more stable and satisfying relationships as adults
- Have greater career success.

Tuning In To Kids and Tuning In To Teens teaches parents how to help their child develop the skills to become emotionally intelligent.

No More Scaredy Cats

Suitable for parents with children struggling with fear and anxiety. 3 x 2 Hour sessions (parents of 2–12 year old)

- Providing parents with the **skills to reduce anxiety and build resilience.**
 - The brain, understand where fear and anxiety originate
 - How to reduce anxiety and build resilience
 - Practical strategies to use in moments of anxiety • Lifestyle influences that can help improve anxiety.

Protective Behaviors Parent Information Session

This is a program suitable for all families and is part the WA school curriculum. It provides a language for parents to use to teach their children to understand feelings of danger and how to respond to them. It may be helpful for children who have witnessed or experienced abuse and/or violence. 1 x 2.5 Hour session.

Note: This program cannot be considered a protective factor when children are placed in situation that put them at risk of harm.

Internationally recognised **personal safety program aiming to empower children**, young people and adults with strategies to promote safety, problem solving and resilience including:

- Assert their right to feel safe
- Identify a trusted adult to talk to
- Recognise 'signs' their bodies give them when they may be unsafe
- Learn body safety rules and safety strategies
- Learn the difference between safe and unsafe secrets.

Please note: Various versions of this program is available.

Keeping Kids in Mind

Suitable for parents who have separated and are co-parenting. A 5-week program for parents of children aged 0-17 years old.

Keeping Kids in Mind is a 5-week program **supporting parents through post-separation and ongoing conflict**. Witnessing ongoing conflict can have a negative impact on a child's development. This program discusses how parents can support their child whilst managing both the practical and emotional challenges of parenting after separation.

- View the experience of separation through their children's eyes
- Develop greater understanding on supporting children through separation
- Rebuild resilience in both children & parents.

Parent Education sessions

- **And So to Sleep**, information and support for encouraging your baby/child to develop healthy sleep habits.
- **Building Brains**, understanding normal brain development of babies and children and how to support healthy brain development.
- **Tasty Toddler**, education on age-appropriate healthy eating habits and developing meal time routines.

- **Guiding Children's Behaviors 1-2 years and 2-5 years.** Understanding child development and age-appropriate behaviors. Way to build a secure relationship with your child that encourages positive behaviors.
- **Successful Toileting and Toilet Education.** Identifying signs of readiness for toilet training and strategies for toilet training.
- **Raising Children in a Digital World.**

One to One Consults

Parenting Connection Inner & North West Metro, recognise that in these unprecedented times parents may want to access support at a time that suits them.

Our FREE One to One consults can be delivered Face to Face, by phone, Facetime or Vidyo, and can be scheduled to fit around your family's schedule.

Parent Programs and their impact on child behavior

In all parent programs provided by Ngala's parenting connection team, parents are encouraged to view their children's behaviors as being connected to their needs and how they are trying to get their needs met. The focus is on building a healthy parent child relationship, which over the course of a child's life will support their needs at each developmental stage.

The programs facilitated by our team use education on developmental needs, identification of children's emotional needs, understanding of the way children express their needs, practical tools in engaging positively with children, understanding of their own needs as a parent and other tools.

Supporting parents to identify children's needs at each stage of their development and how best to meet those needs creates a relationship between parent and child where a child feels safe and secure in their parent's ability to adequately meet their needs most of the time. A child who has a secure relationship is better able express their needs positively.

The impact of screen use on the parent child relationship and children's behavior.

Children aged 6 to 13 years old spend on average **4.5 hours** screen time per day

at home. Australia Child Health Poll https://www.rchpoll.org.au/wp-content/uploads/2017/06/ACHP-Poll7_Detailed-Report-June21.pdf The increase in screen time for children has resulted in a decrease in the time children spend exercising, being creative, exploring outdoors and TIME WITH THEIR PARENTS. When working with parents we are constantly supporting them with managing screen time and listening to how it

has significantly impacted on the parent child relationship. Examples include tech tantrum in 5-10 year olds, gaming and social media addiction in teenagers.

There are others more qualified who can speak to the impact screens have had a child's brain development, ability to regulate emotions, social skills and many more. I would encourage you, if you have not already to hear from the experts in this area of research.

Outcomes

Parenting Connection is a service for parents, outcomes are measured using the *Me as a Parent Scale*. Survey's are completed by parents who attend a multi-session services, which is classified as three or more sessions. From January to December 2022, 680 parents complete a multi-session program in the North West Metro region.

How did the parents feel?

- 99% of parents were satisfied with their program
- 99% of parents felt the content was relevant
- 99% of parents felt things were clearly explained
- 99% of parents felt listened to 100% of parents would recommend the service

How did we help parents?

- 99% better understood their children's needs
- 95% strengthened their bond with their children
- 96% learnt new ways to encourage positive behaviors in their children
- 98% learnt new ways to meet their children's needs
- 88% met people they can ask for help when they need it

Who did we service?

- 70% Mothers
- 28% Fathers
- 2% Other Roles
- 60% AU born
- 3% Aboriginal or Torres Strait Islander
- 79% Speak English at Home
- Age Under 18 – 1%
- 19 – 24 – 4%
- 25 - 34 – 31%
- 35 - 44 – 52%
- 45 - 59 11%

What did parents say in response to What is the biggest difference the services has made for you?

- “It has helped me realise how to connect to my child, to prevent mental health issues.”
- “Helped me with dealing with the stressed moments.”
- “Enhanced awareness and skills.”
- “Helped me get out of my shell and meet new people.
- Helped my younger son to be more settled at school.
- Gave me a chance to learn about development as my son is developing.
- I have tried to be more patient with my child and it's a good reminder for my toddler with the new baby.
- Given me different views and better understanding.
- Making time for both parents to learn together. Easy to apply information.
- It gives me the strength to be the type of parent I always liked to be.
- This service made me understand some aspects of my life that were not clear enough.
- Assisted baby to connect with music.
- Understanding ways, I can speak to my children.
- Understanding my child's needs better and taking more time/patience for myself to be a better parent in making sure my child is safe and happy.
- More confidence and connection with my child.
- It taught me skills to help my daughter.
- Self-awareness and more tools to be a good enough parent, not a perfect one.
- Understanding my own reactions and what the child needs.
- Awareness of children and process of how they learn and explore the world.
- Approaching my child differently and addressing their emotions.
- Identify how to respond to my child's needs. Parenting Services 2021-22 Page 2 of 14 Comments Report (continued)
- Given me the understanding and language around my connection and needs with my child.
- Organize my feelings and delighting in my child.
- I can understand my toddler better now and knew how to respond efficiently.
- [NAME] feels more confident and comfortable being around other kids.
- Realising how to be more present.
- It helped me top support and listen to my daughter, rather than getting angry.
- To reflect and be more mindful in my approach to parenting. Establish / building a strong connection with my child.
- Time to reflect.

- To understand my children's needs and behaviour better when they are in and out of the circle. And to listen out for what causes my shark music. Be with my children when they've having big feelings.
- Understanding that being with your child is important during times that we think might not be a big deal as a parent.
- Understanding what the circle of security means and what I need to do and when. \
- It has made me understand my child and her feelings better.
- Thinking about ways to help with development talking and hearing about similar problems.
- Understanding behaviours.
- It has given me a better understanding about myself as a parent and given me tools to be a better father and adult.
- Approach and context, ability to implement the course content.
- Fun imaginative play. Repetition and structure of class makes kids confident and feel safe.