

# 2021 IMPACT

## Parenting Connection WA



### 6,988 Parents Supported



3,900  
Attended a One-off Parenting Workshop

1,506  
Attended a Multi-session Parenting Education Program

1,087  
Attended a Group Development & Peer Support Program

495  
Attended an Individual Consultation



15% Aboriginal and/or Torres Strait Islander

26% Born outside Australia

11% Primary language other than English

22% Fathers or male caregivers

6% Young parents (<25 years old)

### 2,019 Programs Delivered



1,307  
Individual Consultations

396  
One-off Parenting Workshops

167  
Multi-session Parenting Education Programs

60  
Group Development & Peer Support Programs

89  
Community Events

Parenting Capacity Fund

163  
Applications Approved

73 Brokered service providers  
255 Brokered services delivered

Supported by



# A Snapshot of PCWA in your Community

## Goldfields - Esperance

### Supporting Families with Children with a Disability

PCWA funded Full Circle Therapies to provide weekly family 'Stay and Play' sessions, specialised parenting workshops, and inclusive family events for families with a child with a disability. Parents loved having opportunities to engage in inclusive activities with their children and to connect with other families who have similar experiences and challenges.

Through participating in a variety of structured activities that can be replicated at home, parents developed skills and confidence to connect with their children through play. Full Circle has created a safe and supportive environment, encouraging parents to engage with their team of allied health professionals to further improve their parenting skills and support their child's development.

## Kimberley

### Supporting & Upskilling Staff in Remote Communities

PCWA has partnered with Early Learning Centres (ELCs) and Child and Parent Centres (CPCs) throughout the Kimberley to ensure parents in remote communities have access to relevant, evidence-informed and culturally appropriate parenting support. Following extensive community consultation, PCWA funded parenting workshops on brain development, oral language, attachment, family values and customs, and positive parenting strategies at ELCs and CPCs in Broome, Derby, Halls Creek, Mowanjum and Kununurra.

Indigenous staff working in local community organisations attended workshops alongside parents and caregivers to increase their capacity to provide ongoing parenting support.

## Bindjareb/Peel

### Dads & Kids Saturday Breakfast Club

The fortnightly Breakfast Club is a collaboration between the CPC Dudley Park, Relationships Australia WA (RAWA) and PCWA. The CPC provides the venue and staff, RAWA facilitates the session and PCWA contributes financially through the Parenting Capacity Fund.

The group provides a safe place for dads to meet, play and have fun with their kids, increase their support network, learn from each other, and build parenting confidence. Attendance has grown steadily, with 24 dads from diverse cultural and socio-economic backgrounds who now regularly attend.



# A Snapshot of PCWA in your Community

## South West Relationship-based Parenting Programs

PCWA has prioritised offering relationship-based parenting programs, which focus on attachment, emotion coaching strategies, managing challenging behaviours and emotions, and building resilience and emotional intelligence. As a result of the work we have done training and mentoring new facilitators over the last two years, PCWA is now able to deliver Circle of Security, Tuning in to Kids and Tuning in to Teens to more parents across more towns, including Australind, Bridgetown, Bunbury, Dalyellup, Dunsborough, Eaton, Manjimup and Northcliffe. Word of mouth from previous participants has increased parent engagement, including among fathers.

## Great Southern Flexible Service Delivery

Parents often request services outside regular working hours, which can be challenging for service providers due to the availability of facilitators and venues.

PCWA has listened to the community and responded by offering a variety of programs in evenings and on weekends, including Dads Tuning in to Kids, Tuning in to Teens, Protective Behaviours, and No Scaredy Cats. These programs were well attended and made a huge difference for parents who would not otherwise have been able to access parenting support.

## Wheatbelt Supporting Parents of Children with Anxiety

Parents in the Wheatbelt struggle to access mental health supports for their children due to geographic isolation, lack of local service providers and poor internet connection. Parents have been increasingly turning to PCWA for support.

We funded Behaviour Tonics to deliver No Scaredy Cats, a three-session program that teaches parents strategies to support their children through ups and downs, guide them through emotional distress, and help them build resilience. The program was delivered online to 25 parents across the Wheatbelt. PCWA has also been a strong advocate for the increased presence of mental health workers in Northam.





# A Snapshot of PCWA in your Community

## Gascoyne Supporting Early Literacy

The 2018 Australian Early Development Census found 17.6% of children in Carnarvon were developmentally vulnerable in the language and cognitive skills domain (compared to 6.6% in WA and Australia). Only 57% of children in Carnarvon were regularly read to or encouraged to read at home.

PCWA, as part of the Gascoyne Early Years Network, introduced Paint the Town REaD in 2019 to promote early literacy and support school readiness. Since then, community groups, local businesses and hundreds of families have participated in Paint Carnarvon ReAD events, including reading sessions and a 'Egg Hatching Day' in May this year. Paint the Town REaD unites communities and encourages families to read, sing, rhyme and play with children every day.

## North West & Inner Metro Supporting Parents who have experienced FDV

PCWA supported the Patricia Giles Centre for Non-Violence to provide a weekly Peer Support Group for mothers impacted by family and domestic violence. An experienced counsellor facilitated a safe, supportive, and confidential space for mothers to gain confidence and security, which ultimately helped them to improve their connection with their children.

PCWA also brokered the Family Inclusion Network of WA to deliver Bringing Up Great Kids: Parenting After Family Violence, a program to support women to explore and reclaim their confidence and belief in themselves and their parenting, which may have been affected by experiences of threat and violation.

## Midwest Protective Behaviours in Meekatharra

Parents and services in the Meekatharra community have been struggling to manage the prevalence of children presenting sexualised behaviours following the 2020 COVID lockdown.

Understanding that a whole community approach was necessary, PCWA partnered with Meekatharra District High School, the Shire of Meekatharra and Westgold Resources, collectively funding WA Child Safety Services to deliver Protective Behaviours to the Meekatharra community over a three-day period. The collaboration of agencies ensured protective behaviours education permeated the whole community to have the greatest impact in keeping children safe.



# Participant Feedback



The workshop reminds me that **I don't have to know all the technology but focus on the conversation with my children.**

*Cyber Safety Workshop Participant*



I don't know how I can thank you all the support you have given me. Since moving away from everything I knew to a new town, I have become a better version of myself as a parent to my kids and that's because of the support and help you have given me. My kids are so important to me and I feel like I am showing them good decisions. **I want to show other single Mums that a good life is possible so I tell them about you and the help you can offer.**

*Individual Consultation Participant*



I learned **new strategies for bedtime and working as a team** with the children for positive outcomes.

*Beat the Bedtime Battles Participant*



I learned how to organise and manage my own and my child's emotions, creating a **calmer and happier family life and home.**

*Tuning in to Teens participant*

# Participant Feedback



Circle of Security taught me to be Bigger, Stronger, Wiser and Kind and I will spread that out into the universe. I do things differently now, I listen to my grandchildren, I follow their lead, I take charge if necessary and I am present for them. I am tuned-in to them emotionally.

The kids have changed since I started Circle of Security too and everyone has noticed this including the school. **I have given them the ability to communicate their emotions through connecting with them and being present.** I honestly did not realise it was that simple. Nicola and Anna were AMAZING facilitators. They are caring, competent, consistent and on our level. They deliver the program with heart. Thank you so much!

*Circle of Security Participant*



Biggest difference is that **the service provided and showed me tools on how to handle difficult situations.** I really enjoyed the atmosphere within the group. I very much liked the approach and I really felt listened to.

*Dads Tuning in to Kids Participant*



**I now understand my children in a different way.** When they are talking I listen for their needs and better understand how to support their emotions.

*Guiding Children's Behaviour Participant*

