

Parenting Program Success Stories.

Cobar Community LDAT, NSW

This project was designed to support families, particularly parents, to equip them with tools and resources, like communication ideas and games, for those who are at home with their children for longer periods of time because of COVID-19 restrictions (even as restrictions relax). The aim is to strengthen a sense of family belonging or connectedness and increase family proactive problem solving. Parents and carers, through a school registry system, receive a 'well-being package'. This package also included a magnet, flyers and pamphlets with positive parenting materials such as mindfulness, or those from 'Positive Choices' and a reference guide with links to local support networks and services.



FIRS LDAT, WA

This program aimed to fill the gap of providing quality parenting support that existed in the local community. It used the evidence-based program, Positive Parenting Program (Triple P), to increase knowledge and confidence of parents to be good role models and spend time with their children. The project was based around the Triple P toolkit and aimed to increase protective factors: creating a supportive home and increasing connection between parent and child. Six Triple P parenting workshop (2-3 sessions per workshop) were held, with follow-up fun days where participants reconnected, reinforced learnings and connected with local services.

Gumbaynggirr LDAT, NSW

This project focused on positive choices and parenting strategies delivered through a series of workshops. The workshops focused on evidence-based information, AOD education, parenting, life skills, healthy eating and mentoring known to strengthen parent knowledge, and reducing or preventing AOD harm. A particular focus was to discourage women from drinking alcohol before and during pregnancy. A community forum was delivered to inform the whole community of the impact of AOD with a focus on alcohol and pregnancy.

Knox LDAT, VIC

This program aimed to reduce the use of alcohol in the community by focusing on positive parenting skills in parents of young, school-aged children. The project achieved this by introducing emotional coaching, conflict resolution and improving family connections. By increasing family unity and protective factors against substance use, the program aimed to reduce the risk of uptake in children and teenagers as they grow up.

Palmerston Youth LDAT, NT

The Palmerston Youth LDAT aimed to reduce the use of alcohol, cannabis and methamphetamine among people aged 18 to 60 years old by facilitating positive parenting. This was achieved by developing a parenting workshop to encourage communication around alcohol and other drugs with their young people and equip parents with the skills to respond to substance issues.



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Port Macquarie Hastings LDAT, NSW

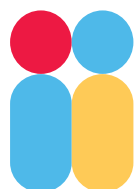
This program worked with local organisations and parents/carers to promote positive parenting. The activity was rolled out in four phases: a community partnerships forum, positive parenting workshops, parent support workshops and finally playgroup workshops. The aim was to reduce children's lifetime risk of AOD use and to protect children against AOD-related harm. There was also an aim to increase parents/carers confidence, knowledge and skills in this area.

Setting the Foundations for Change, WA

This program aimed to reduce the use of AOD among people aged 18-50 years, with a focus on parents of Aboriginal and Torres Strait Islander peoples. It achieved this through improving parental knowledge and skills through a parenting expo aimed at increasing awareness of service providers, connecting parents with parenting social media and training programs. The program also coordinated training for childcare centres around resiliency and support services for parents. In addition, the program established an Early Years Facebook page where services can post information snippets, tips, activities etc. for parents of young children to enhance positive parenting and child development.

Southern Forests LDAT, WA

Using the Positive Parents toolkit, the Southern Forest LDAT designed a project to provide opportunities to improve parent-child interactions. The project aimed to increase the capacity of local father figures and caregivers through the development of a peer-based support group. The project generated opportunities for geographically or socially isolated father figures to develop stronger bonds between father and child, and with each other. Over 12 months the group participated in activities that were AOD-free and created highly supported social and emotional environments for both children and male community members.



Wollongong LDAT, NSW

This project aimed to improve communication between parents/carers and their children (grades 5 and 6) across 8-14 schools in the local community. In addition, it aimed to build the skills of young people. This was done through peer interactions and providing positive parenting strategies to strengthen protective factors to reduce AOD harms. It also aimed to engage young people to facilitate a parent and family education program that increased communication around AOD harms. This was achieved with a project officer coordinating the program across the 8-14 schools, participants, local services and organisations. The project provided training for teachers and support catered for parent events as well as linking services.

