

starting points™

PREPARING YOUR 0-4 YEAR OLD CHILD FOR LIFE

First Words

Starting Points Newsletter
March 2008



that time of year

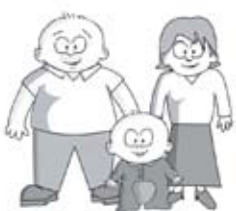
Well, how has your new year begun? Did you make any new year's resolutions? How many new year's resolutions have you kept to date? What are your plans or goals for this year?

I am periodically reminded by the large wall sized posters at my local McDonald's store... *If you fail to plan, you plan to fail...and If it is to be, it is up to me...*

These sayings drive me to i) watch what I indulge in while at McDonald's: plan to improve my eating habits and life balance, and ii) plan to walk forward with confidence and strength with *Starting Points*. On a family level, I resolve to be a confident parent of my three children as they begin to launch into their adult years.

Do your plans for 2008 include reaching out to the families in your community with *Starting Points* and helping them grow in confidence?

A recent newspaper article (Herald/Sun Feb 4, 2008) quotes a study surveying 126 Australian mothers of toddlers. According to this study, a lack of confidence is the major cause of dysfunctional parenting for mothers of toddlers aged between 18 months and three years. This was a greater cause than out of control children or financial stress.



Parental education needs to include raising the confidence level of parents. It is not the lack of knowledge of parenting strategies or child development practice; it is the emotional state of parents which impacts parenting actions more than child behaviour (Morawski A, Sanders M, 2006. *Journal of Behaviour Research and Therapy* 44:12).

The evaluation study of *Starting Points* by Swinburne University of Technology (Melb) seeks to measure any

shift in parents' confidence and stress levels as a result of the *Starting Points* program.

Let's help parents walk forward in confidence in 2008. Register your *Starting Points* program today.



From strength to strength!

Anne Hill

Program Manager

Remember you **can** make a difference in your local community.

a new look for 2008

We are adopting a new policy during 2008. There will be fewer facilitator training opportunities but each will cater for more participants.

13th MARCH	-	SYDNEY
10th APRIL	-	ADELAIDE
22nd MAY	-	MELBOURNE
25th JUNE	-	BRISBANE
23rd AUGUST	-	PERTH
17th SEPTEMBER	-	GOLDCOAST

Build your facilitator team. Register a 'buddy' facilitator and receive 15% off the facilitator registration cost. Just indicate **'facilitator buddy'** on the registration form. You are welcome to attend a refresher free of charge.

congratulations on a great start

We congratulate you on a wonderful beginning to the year.

- To date we have 13 parent programs registered throughout this year
- Set up your dates and details now and then you can order the parent work books that you will need. We can then upload the details on the Starting Points website

at the coal face

I receive some fabulous reports from you, our valued *Starting Points* facilitators. Here's an email (used with permission) from the team of facilitators @ Kalamunda Church of Christ (WA) who have championed 6 parent programs over the last couple of years (including planning for 2 more over 2008).

We are doing what we have called **Playgroup Hot Spots** where we go to a playgroup and do 10 min talks or activities that relate to *Starting Points* topics. The idea is that the children get looked after by the playgroup leaders while we have 10 mins with the mothers as they have coffee - we do a short - but to the point **taster** - and then tell them if they want to know more - when the *Starting Points* programs are on in term 2 and 3. We felt we would go to where the parents are - and give them what we could - with the hope that some will tell their husbands/partners and attend the course. We will offer a **short hot spot each week** of the term as part of playgroup. I have attached some info about this for you. We gave a flyer to this playgroup with about 20 different topics on it and they selected the topics they thought would be most useful. We collated this and are offering the topics in order of preference. ”

top hot spots

- **I'll never do that!** – Parental expectations and the impact of your parents on you
- **Touching base with emotions** – Working with my child as an emotional being
- **Perfect parenting** – Is there such a thing? Revealing the truth about parenting
- **Playtime perspectives** – Communicating with my child through play. Go baby go! – How to build confidence in your child
- **Parenting styles unravelled** – looking at the mix of different parenting styles and how this impacts my child etc...

Congratulations on a great idea, guys...

P.S. Check out the *Starting Points* webpage at www.families.org.au/startingpoints for more information on our **parent impact seminars**.

STOP PRESS: promotional DVD

The promo DVD with our *Starting Points* patron, Marina Prior, is being distributed. If you have not received your complimentary copy, please email me on hilla@families.org.au or phone 1300 300 361 to confirm your postal address. We hope this will help you as you recruit parents to your programs in 2008.

We are excited to report that the 60 second version is being aired randomly on the Australian Christian Channel.



NEW

A new resource from Care for The Family UK

Did you come to one of the Bringing Home the Prodigals events held across the nation last year? If you did you will know the brilliant ability to communicate that comes naturally to Rob Parsons (Executive Director Care For The Family, UK).

21st century parent is an eight session DVD course with 15 minute DVD segments on a variety of topics for the parent experiencing the pressures of today and the worries of tomorrow. In this series, Rob shares wise and humorous insights that will help you raise your children in the 21st century. Topics include:

- You're not alone
- The gift of acceptance
- The testing child
- A mother looks back
- Building a sense of value
- Defending the boundaries
- Teenagers!
- Do what you can



Use 21st Century parent as an opportunity to further develop your relationships with the parents from your *Starting Points* programs.

Order your copy @ 10% discount as a *Starting Points* facilitator

Cost: ~~\$49.95~~ **NOW: \$ 44.95**

Code: I00181V

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