

Communities for Children FP

Kwinana, WA

Program Overview 2022 - 2024



Our vision is to make child health and wellbeing a priority for everyone, so all children can focus on what they do best: playing, learning and growing now and in the future.

Priority areas

- Children are confident, capable and cherished: We value play, learning, growth and a keen sense of belonging.
- Parents/caregivers are skilled, resourced and supported: We value our children and their childhood and focus on positively parenting so they can thrive.
- Our community is strong and supportive: We value working in cohesive ways where we include, connect and collaborate to make us stronger together.
- Our community is child friendly and we value children and childhood.

Communities for Children Facilitating Partner (CfC FP) is a place-based program funded by the Department of Social Services until June 2026. CfC FP develops and facilitates a whole of community approach to support and enhance early childhood development and wellbeing for children from pre-birth to 12 years.

The Smith Family has been the CfC FP in the Kwinana Local Government Area since 2005. CfC FP Kwinana works with local organisations to improve outcomes for children and their families by delivering early intervention and prevention activities, building community and sector capacity and strengthening service connections. As part of their role, the CfC FP Kwinana contracts Community Partner Organisations to deliver services to address priority needs of children and families. Funding allocation for this was informed by the CfC FP Community Strategic Plan 2022-2026, which was developed after extensive engagement with local stakeholders.

Communities for Children FP Kwinana, WA Program Overview 2022-2024

Community Partners are funded to deliver services within the Kwinana CfC FP site for children from pre-birth to 12 years and their families.

The City of Kwinana, located in the traditional lands of the Noongar people, is set amongst native bushland and bordered by a coastal strip of white beaches and heavy industry, south of Perth, Western Australia. Kwinana has a population of over 45,000 people and is the second fastest growing local government area in Western Australia with the population predicted to grow to around 75,000 people by 2031. The population in Kwinana is made up of residents from more than 50 different countries with one in three residents born overseas. Kwinana also has a rich Aboriginal heritage with 4.4% of Kwinana's community identifying as Aboriginal or Torres Strait Islander – higher than the Perth average of 1%.

Despite the City of Kwinana being the statistically most disadvantaged population in the Perth Metropolitan area, Kwinana is known as a hyper-growth region and is part of the National Growth Areas Alliance which represents the fastest growing communities in Australia.

ATTACH: PARENTS UNDER PRESSURE

Attach and its core program, Parents Under Pressure, is an in-home counselling and support service for families who may be struggling with the challenges of parenting whilst coping with issues such as mental illness, substance misuse, family violence, financial stress, social isolation or family relationship difficulties. Delivered by trained practitioners, for a period up to six months, this flexible, practical and individually tailored program is designed to build on existing strengths and support and enhance the carer/parent-child relationship to promote a nurturing environment.

Community Partner: Uniting WA

Service delivery area: City of Kwinana Local Government Area

Target Group: Parents/Carers with children aged pre-birth – 12 years.

Contact: Lianne Sylvester T: 08 9239 0920
E: Lianne.Sylvester@unitingwa.org.au

THE INCREDIBLE YEARS®

Baby Program

The Incredible Years® Baby Program is a 10-week group program for young parents (under 25 years) with a baby under 12 months of age or young parents expecting a baby within 3 months of the program's end. This program is designed to strengthen parenting skills and promote the baby's social and emotional development. Trained facilitators use video clips to guide the sessions, support open group discussion and enhance problem-solving and parenting practices that work towards parent goals.

Community Partner: Ngala

Service Delivery Area: City of Kwinana Local Government Area

Target Group: Young Parents under 25 years old with a baby under 12 months or expecting a baby within 3 months of the program's end.

Contact: Jill Sumner T:0427 390 795
E: jsumner@ngala.com.au



INCREDIBLE YEARS®

Toddler Program

Incredible Years® Toddler Program is a 13-week group program for young parents (under 25 years) with children aged between 1 to 3 years old. This program supports parents to encourage their child's language, social and emotional development, manage separation, develop and implement routines and use positive discipline. Trained facilitators use video clips of real-life

Communities for Children FP Kwinana, WA Program Overview 2022-2024

situations to support the training and encourage open group discussions, problem-solving and parenting practices that work towards parent goals.

Community Partner: Ngala

Service Delivery Area: City of Kwinana Local Government Area

Target Group: Young Parents under 25 years old with a toddler between 1 to 3 years old.

Contact: Jill Sumner T:0427 390 795
E: jsumner@ngala.com.au



PARENTS LEARNING, PARENTS TEACHING

Parents learning, Parents Teaching combines 3 programs, Parents as Teachers and Empowering Parents, Empowering Communities, and KEYS to Kindy, which focus on supporting children within their family unit, whilst strengthening and building the family's connection to services and supports.

Parents As Teachers

Parents as Teachers (PAT) engages parents and caregivers in supporting the early development, learning and health of their children (0-3 years of age). PAT is delivered in the home, by trained

facilitators over a series of 8 sessions. The sessions are customised and centred on play, offering activities that increase the parent/caregiver's knowledge of age-appropriate child development and awareness of factors that support their children to be secure, valued and fully participate in play, learning and community life.

Community Partner: KEYS

Service delivery area: City of Kwinana Local Government Area

Target Group: Parents/Carers (including young parents under 26 years old) with children aged 0- 3 years.

Contact: Michelle Hope T: 08 9439 1838
E: Michelle.Hope@keyswa.org

Empowering Parents, Empowering Communities

Being A Parent

Being a Parent (BAP) is a 9-week peer-led group program for parents/caregivers, with children aged between 2 and 11 years, to enhance their communication and parenting skills, understand and help their children manage their feelings and gain confidence in areas such as play, listening, discipline strategies and setting boundaries. Parents who attend this program have the opportunity to attend Parent Facilitator training to learn the skills and knowledge to deliver the Being a Parent program.

Community Partner: KEYS

Service delivery area: City of Kwinana Local Government Area

Target Group: Parents/Carers of children aged 2 - 11 years.

Contact: Michelle Hope T: 08 9439 1838
E: Michelle.Hope@keyswa.org

Empowering Parents, Empowering Communities

Baby and Us

Baby and Us is a 9-week peer-led group program for parents/carers of babies 0 - 9 months of age. Parents attend with their babies and through group discussions and practical activities are supported to understand their baby's cues, cope with challenges around feeding, sleep

Communities for Children FP Kwinana, WA Program Overview 2022-2024



and crying, build positive interactions and manage parental stress.

Community Partner: KEYS

Service delivery area: City of Kwinana Local Government Area

Target Group: Parents/Carers of children birth to 9 months.

Contact: Michelle Hope T: 08 9439 1838
E: Michelle.Hope@keyswa.org

KEYS TO KINDY

KEYS to Kindy is a weekly, free, pre-Kindy program for vulnerable children and their families in the Wellard region. Keys to Kindy has a strong focus on creating an environment and activities that promote emotional awareness and regulation whilst encouraging the development of prosocial skills and relationships with peers, amplifying a sense of identity and belonging. KEYS to Kindy works in collaboration with Wellard Primary Schools to provide transitional school visits to ease familial education concerns and build engagement and relationships with future education providers. In addition, the KEYS to Kindy program supports caregivers and encourages positive parenting practices through parenting workshops.

Community Partner: KEYS

Service delivery area: City of Kwinana Local Government Area

Target Group: Pre-Kindy aged children

Contact: Michelle Hope T: 08 9439 1838
E: Michelle.Hope@keyswa.org

YOUNG ACHIEVERS CLUB

The Young Achievers Club (YAC) is a culturally secure support program for primary schools that uses a strengths perspective to improve educational outcomes, health and wellbeing and cultural connections for Aboriginal and Torres Strait Island students in Years 3 to 6. YAC is designed as an in-curriculum weekly program supporting and mentoring YAC students to develop their connection to culture, leadership and personal development through cultural, sporting and leadership activities. Broader school-based

cultural engagement opportunities are also offered through cultural celebrations, carnivals, assemblies and specific learning and development opportunities for staff. An extension of this program is an annual transition to high school initiative and a YAC Alumni offering biannual support to Year 6 students to aid in their smooth transition to high school.

Community Partner: Institute of Indigenous Wellbeing and Sport WA

Target Group: Year 3 - Year 6 Aboriginal and Torres Strait Island Students in selected Primary Schools in the City of Kwinana Local Government Area

Contact: Courtney Winmar T: 08 9439 4808
E: business@iiswswa.org.au

MOTHER BABY NURTURE

Mother Baby Nurture is a group workshop series for mothers experiencing or at risk of postnatal depression and anxiety. The program provides a safe space for mothers to explore their experience of early parenting with reflection and focus on the relationship with their baby. Mother Baby Nurture focuses on enhancing participant confidence, emotional well-being, and securing strong connections with peer, family and community support networks.

Community Partner: Playgroup WA

Target Group: Mothers with infants 0-6 months

Contact: Louise Miles T: 0416 277 512
E: louise.miles@playgroupwa.com.au

Contact Us

Carolyn Alfonso
Project Manager
E: Carolyn.Alfonso@thesmithfamily.com.au
T: 0421 839 997

**Kwinana Communities for Children
Facilitating Partner is funded by the
Australian Government and facilitated by
The Smith Family.**