

The Families Newsletter of South Eastern Community Connect



South Eastern *Families* Connect

Jan-Mar
17



Independence, Well-being and Quality of Life

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Happy New Year!

We are starting the new year with a new team in our Family Support programs, welcoming Eleanor Venables and Sebastiana Wooldridge as our new family support workers. Eleanor will also be in charge of our toy library, which has lots of new toys ready for the year and extended hours for working parents.

This summer, get your family involved in the community with your community bucket list.

You don't have to enter formal arrangements, but simply reaching out to your neighbour or buying something from then local shop will be a great way to show your children what we can do to grow a better world around us.

Back by popular demand is our Dads and Bubs Bonding seminar, where dads, granddads and other male carers can meet, chat and learn about how to make the most of the early months with their new baby.

Also taking enrolments now is our free CPR course for parents and grandparents - with so much water play and outdoor fun there can never be a better time to brush up on your skills!

So enjoy this issue, enjoy the summer and join us for some fun and quality family activities!



Catherine,
Editor.



Contact us

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Mon-Fri 9AM - 4:30PM

secc@secc.sydney

If you would like to read up on Clients Rights and Responsibilities you can do so online at www.secc.sydney, phone the office for a copy or speak to our staff next time you see them for your copy.

Welcome our new Team Members!

Our SMOOSH families will know Sebastiana from our Gardeners Road outside school hours care service. She will now also provide hands-on support for the little tykes of our playgroups.

Eleanor brings a wealth of experience to our organisation, particularly in arts education with children and adults.

We are excited to have Sebastiana and Eleanor on our team!



Family Support Workers Sebastiana Wooldridge and Eleanor Venables, who will also be our new Toy Librarian .



Parenting is fun, right?

Well, most of the time.

A mother of three recently posted this on her facebook page: “Parenting is magical, and all children are perfect little miracles. But if they argue just one more time today I will get my chocolate mousse out of the fridge and eat it in front of them. I will.”

If your little person is driving you up the wall with his or her behaviour, our FREE Triple P parenting seminars may have some useful tools for you to help you keep your cool and keep being the terrific parent that you are - because chocolate mousse is more a once-off statement than an everyday solution.

Australia’s Triple P – Positive Parenting Program has been shown to help reduce children’s and

teens’ problem behaviour and also reduce children’s emotional challenges. The evidence also shows it helps parents feel more confident, less stressed, less angry and less depressed. And that’s positive!

Bronwynn Jursik from South Eastern Community Connect has been a Triple P facilitator for 8 years.

“I think it is a truly wonderful program,” she says, “and you definitely get out what you put in. The object of triple p as I see it is to tell your children

“ Although there was only a handful of techniques that I learnt, they were all incredibly helpful. But the greatest benefit was having two hours a week to stop and reassess how I am parenting and to positively reinforce many of the things I am already doing.

Maryann, mother of 2

”

what you want them to do instead of what you don't want and then praise them descriptively when they do it.

"Praise as a reward is instant, and don't we all feel good when we are praised? It is not about punishing your child," she explains, "it is about teaching them to self calm and how to deal with emotions, which of course can be the hardest of all."

Triple P provides tip sheets for the most challenging behaviours and teaches 17 strategies to help diffuse difficult situation — for both parents and child.

Parents should ask themselves sometimes, 'Is it always my child misbehaving or are we both stuck on the hamster wheel?'

Picking your battles and winning them helps parents stay in control of their own emotions, too, and that in turn frees up energy for the fun of parenting.

Bronwynn agrees, "Life should be fun, so why not make parenting fun? Turn cleaning the room into a game. Make sure to have the children doing chores when they don't already have something else on. Put on some fun music and dance as you tidy up together. Be silly and have a belly laugh."

So if you want to get on your parenting A game join our FREE Triple P seminar for hands-on strategies to raise your child in an environment that is safe, loving and predictable.

We won't tell you how to raise your children, but we will give you the confidence and skills to build good relationships with your child, set boundaries and rules, and follow up with consequences that aren't harmful.

You can still have the chocolate mousse once they are in bed.



"Rush Hour" (Danielle Guenther Photography): It's the time of day when your parenting resolutions go out the door long before anyone else does. Be prepared with strategies to keep calm in the thick of it.

	FREE Triple P workshops March 14, 21 & 28 5:30 - 7:30 PM Gardeners Road Public School Library For more information call Bronwynn Jursik on 02 8338 8506 or email familysupport@secc.sydney

Tantrums



Tantrums usually begin at about 12 months and are less common in 3 and 4 year olds as they begin to learn other ways to solve problems, while they appear as highly visible form of disruptive behaviour, they present us with the important opportunity to help teach our children how to manage frustration and anger. Knowing how to deal with life's inevitable frustrations and possessing the ability to express anger in appropriate ways are powerful tools for a successful adulthood.

One of the best places to start tackling tantrums is by helping reduce the chance of them occurring at all. Where practical, put away items in your house that you do not want your child to touch. This avoids you having to say **NO** too often. Provide a predictable environment for your child – let them know throughout the day what you are doing and what is going to happen. It is also a good idea to have a few simple and realistic rules and to keep to a routine for your child's meal and sleep times.

Disobedience



The key to overcoming disobedience are good routines for dealing with discipline.

A child is likely to be disobedient if it helps them to get what they want or if it gets them out of doing something they don't want to do.

Children are usually better behaved, more cooperative and happier,

- If you have reasonable expectations,
- Make fair and reasonable rules and
- Consistently manage disobedience with discipline strategies,

The key to preventing disobedience is

- To make sure your instructions are simple, clear and direct,
- Timed correctly and
- Given only one at a time

Do not make instructions too hard for your child, and give them only when you are near your child. Praise your child immediately if they do as you ask. If they do not do as you ask, after you have given the instruction twice, use appropriate discipline strategies.

However, remember – it is not desirable for children to be obedient to **ALL** adult instructions like little robots. Children also need to be themselves.

“ I learned to use a more positive approach and give more time to my child when she's asking for attention and being more engaged. Loved it!

Kim, mother of 1 ”



Building our Community

Well-being, quality of life and belonging. People, no matter what age, are social creatures. We live in cities and suburbs with thousands of other people we will likely never know. Yet, our happiness and well-being depends on the strength of the bonds between us and the people around us, our sense of connection with our place of living and our feeling of belonging with the others who share this place.

Our modern, busy lifestyles can weaken the ties of community and the social networks that hold us all together, and some, like the elderly, first time parents or new arrivals in the community, who are limited in their scope of interactions, are at an increasing risk of isolation.

From the first weeks of life to old age

At South Eastern Community Connect everything we do aims to strengthen the bonds between the people in our community.

Young families, seniors, people living with disabilities and people from diverse cultural backgrounds – there is a program for everyone to foster a sense of belonging, well-being and quality of life for the individual and for the community.

We support people from the first weeks of life to old age, with quality services that have the individual at their heart, but our people are more than their needs and services - we belong together as a community, and this organisation is one small but important drop of the glue that keeps us all connected.

Community Builders

We run a dedicated Community Builders program to strengthen our community and all that makes it unique. In 2016 there has been a lot of activity on the ground including workshops on consumer credit & debt, information sessions on memory and ageing and events such as a

Wellness day during Mental Health Month, a fundraising market day for community groups, English classes, computer classes, multicultural bus outings and more.

What kind of community do you want?

Over the past year, we also spent much time listening to the locals about what it is that they want for their community. We consulted by doing surveys at events and even just knocking on people doors to find out what it is they need and what kind of community they would like to live in.

Happy families make for a happy community, and our playgroups are places where parents and children form friendships that last for years.

Our parenting workshops offer a wealth of knowledge and skills to help parents create a happy home and strong relationships with their children, but they also are a fantastic way to meet other parents in the community.

Events that bring people together

We have learnt a lot about people's hopes and

desires for their community, and we will look at implementing some of the outcomes in 2017. For example, from the Mental Health Month celebrations people have indicated an interest in continuing with various creative programs such as art therapy and gardening.

We will bring you community events like Harmony Day, workshops on financial security & legal issues, and we are already working with tenants on a community garden in a public housing complex. It is important for us to keep the dialogue going with the locals so that everything we do achieves our goal – to engage residents, grow a sense of connection with our place of living and nurture a feeling of belonging with the others in our community.

Help Build your Community

Be a part of your local community - whether you want to help as a volunteer, would like to make new friends or could use some help with your daily tasks, give us a call, drop into our office and let's see how we can link together.



Harmony Day - put it in your diary for 21 March 2017

Community Bucket List

Community grows stronger through the hundreds of little and big actions people take every day.

Scan this list for things you or your family have participated in in the past year or so, and pick some new ones for 2017.



- ☐ Invite neighbours over for a meal
- ☐ Attend a political meeting
- ☐ Support local business
- ☐ Volunteer
- ☐ Work with your children in a community garden
- ☐ Mentor a person of a different ethnic group
- ☐ Surprise a new or favourite neighbour by taking them food
- ☐ Avoid destructive gossip or help someone else avoid it
- ☐ Get involved with scouts or little athletics
- ☐ Sing in a choir
- ☐ Attend a party in someone else's home
- ☐ Get to know the salespeople at your local stores
- ☐ Attend a lecture or concert
- ☐ Play games with neighbours
- ☐ Walk or bike to support a cause and meet others
- ☐ Participate in a campaign
- ☐ Attend a local festival or event
- ☐ Find a way to show personal appreciation to someone who builds your local community
- ☐ Offer to help a neighbour with garden work, shopping or a ride
- ☐ Start or participate in a discussion group or book or film club
- ☐ Start or join a carpool
- ☐ Plan a "Walking Tour" of a local historic area
- ☐ Tutor or read to children or have children read to you
- ☐ Run for public office
- ☐ Host a party
- ☐ Form a walking or exercise group & encourage each other
- ☐ Play a sport

- ☐ Ask an elder or a young person to teach you something
- ☐ Take dance lessons with a friend
- ☐ Gather a group to clean up the local park
- ☐ Bake something for neighbours or work colleagues
- ☐ Join your local playgroup
- ☐ Call an old friend
- ☐ Sign up for a class & meet your classmates
- ☐ Accept or extend an invitation
- ☐ Log off and go to the park
- ☐ Say hello to strangers
- ☐ Find out more by talking with a neighbour you don't know very well yet
- ☐ Host a movie night
- ☐ Help out with or create a newsletter
- ☐ Collect oral histories to discover the interesting things people have done
- ☐ Cut back on TV & interact with people instead
- ☐ If you think someone needs help, ask to find out & do what you can
- ☐ Fix it even if you didn't break it
- ☐ Pick up litter even if you didn't drop it
- ☐ Attend gallery openings & art exhibits
- ☐ Organise a neighbourhood garage sale
- ☐ Read or listen to the local news regularly
- ☐ Attend a public meeting or hearing & speak up
- ☐ Offer to watch a neighbour's home while they are away
- ☐ Ask to see a friend's photos
- ☐ Start talking to people you see regularly
- ☐ Listen to the children you know and find out what matters to them
- ☐ Plan a reunion of family, friends, or people with whom you had a special connection
- ☐ Hire local young people for odd jobs
- ☐ Write a letter to the editor
- ☐ Join a group with people of different ethnicity, or religion, or income or life experience - one of our many classes would be perfect!
- ☐ **Check off your bucket list with us!**
At South Eastern Community Connect we have a huge range of programs and events for you to grow your community.





First Aid for Parents:

Learn how to save a life

Knowing first aid can save lives. For parents, learning the specific skills to treat a child in an emergency can save your child's life and help prevent any lasting damage.

What many people with first aid skills are unaware of, however, is just how much first aid and CPR for children is different from first aid for adults.

A young child's body, bone structures and tissues, and the types of dangers they face are different than adults, and the techniques you use on an adult could in fact harm a baby or young child.

When giving rescue breaths in infants and children, for example, tilting the head back as far as you would for an adult can cause injuries in a child.

Even the procedure to get help is different for children. For adults you should call the ambulance before starting CPR. In children and infants you should start off CPR immediately before calling the ambulance. This is because children have more resilience than adults, and are better placed to go through recovery. South Eastern Community Connect offers parents free first aid and CPR courses to ensure as many parents as possible are equipped with the knowledge and skills to respond correctly to a child in a medical crisis.

FREE CPR & First Aid Class for Parents

Wednesday 15 March

Wednesday 3rd May

10-12PM Venue to be advised

There are limited child care places available at \$10 per child - book your spot early!

First Aid kit

Add these items to your family's first aid kit to be prepared for your child's bumps, large and small.

- ☐ Bandage, 5cm wide
- Instant Cold Pack
- Non-stick wound dressing
- ☐ Character band aids
- Swabs Gauze
- Splinter probes
- ☐ Saline irrigation
- ☐ Itch relief
- ☐ Baby wipes
- ☐ Antiseptic wipes
- Nappy bags
- Baby nail cutters
- Thermometer
- ☐ 1 lollipop*
- * depending on how you feel about sugar in emergencies*



Struggling to pay your fine?

Most of us have been dealt a parking ticket or two at some point in our lives, but if your family is getting by on a tight budget the cost of the fine can hit hard and cause tremendous stress.

To prevent undue hardship for families in crisis, the NSW Office of State Revenue Work offers its work and development orders (WDO).

A WDO allows eligible clients reduce their fines through unpaid work with an approved organisation such as South Eastern Community Connect. You are an eligible client if you:

- have a mental illness, intellectual disability or cognitive impairment
- are homeless
- have a serious addiction to drugs, alcohol or volatile substances
- are experiencing financial hardship

Your fine may be reduced by \$30 per hour of work at **South Eastern Community Connect**, up to 1,000 per month.

For more information call the WDO team on

1399 478 879



Supported

Playgroups

All Welcome!

Monday Playgroup

Gardeners Road Public School

Mondays 10:00-12:00

Cost \$2 and a piece of fruit

Term 1: 06 February - 03 April

Term 2: 1 May - 26 June

Eastlakes Multicultural Playgroup

Eastlakes Public School

Tuesdays 10:00 12:00

Cost \$2 and a piece of fruit

Term 1: 7 February 4 April

Term 2: 2 May - 27 June

Toy Library

More than 900 toys for ages 0 to 8+.

Hire Monday, Wednesday or Friday and return any day of the week, 10am to 4 pm

Now with extended hours for working parents! Call ahead for pick up from 7:30 am to 6:00 pm on Monday, Wednesday and Friday.

Join for just \$30 per year and borrow the toys for free.



FREE Farsi Classes for children

Friday 4:30 5:30 PM during school term. Farsi Parents Group: Quarterly on a Friday Night 5:30-7:30PM

Mums English Class

With Child care and interactive lesson with mums and children

Fridays 10:00 AM -12:00 PM - The Deli Women and Children's Centre, Eastlakes

Term 1, 10 February—7 April Term 2, 5 May—30 June Cost \$15 per term



Wise Choice Kids

FREE Parenting Program for Parents of children aged 2-12.

Saturdays
25 March and 1 April
9:30 AM - 1:30 PM

Gardeners Road Public School

There are limited FREE child care places for this workshop -
book your spot early!

Carers

Are you a Carer? Would you enjoy meeting other parents experiencing similar challenges? Would you like regular updates on the services your family needs? We run support groups for parents of children with additional needs from seven different cultural backgrounds. Call us to connect on **02 8338 8506**

Dads and Bubs Bonding

FREE workshop for dads, granddads and male carers to get hands-on information on how to stay on top of the first months with a new baby.

3 Saturdays 9-11am, 4th, 11th and 18th February at Gardeners Road Public School.



Past participants Mark and baby daughter Mia. Photo: John Appleyard for the Southern Courier newspaper

Play Power

for dads, granddads and male carers of children 0-3 years old.

Learn about brain development and get ideas for play activities using every day items.

Saturday 25th February, 9:00 am-11:00 am Gardeners Road Public School.

South Eastern Community Connect FAMILY ACTIVITIES

January - March 2017

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturday
Toy Library* Hire & return 10am - 4pm SECC	Toy Library Return only 10am - 4pm SECC	Toy Library* Hire & return 10 am – 4pm SECC	Toy Library Return only 10 am – 4pm SECC	Toy Library* Hire & return 10 am – 4pm SECC	Dads and Babies Bonding February 4, 11 and 18 9-11am Gardeners Road Public School Library Library.
Monday Playgroup Gardeners Road Public School 10am – 12pm Term 1: February 6 - April 3 Term 2: May 1 - June 26	Eastlakes Multicultural Playgroup Eastlakes Public school Hall 10am-12pm Term 1: February 7 - April 4 Term 2: May 2 - June 27	First Aid for Parents March 15 and May 3 10-12PM Venue to be advised		Mum’s English Class 10am-12pm Term 1: 10 February 10 — April 7 Term 2: May 5 — June 30 June The Deli Women’s and Children’s Centre	Play Power for Dads February 25 Gardeners Road Public School Library.
				Children’s Farsi Language Classes 4:30pm – 5:30pm, SECC Farsi-speaking Community Group 5:30pm – 7:30pm	Wise Choice Kids 25 March 25 and April 1 9:30 AM - 1:30 PM Gardeners Road Public School Library

Playgroups and classes operate in school terms only. For more information call South Eastern Community Connect on 02 8338 8506

*Hiring of toys—please phone or email which toys you wish to hire by 3:30PM the day before pick up.