

MEDIA RELEASE

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Parenting program gives families skills to build better relationships

AN internationally recognised program has given a group of parents in Millmerran the skills to better care for their children.

The eight-week Circle of Security program was facilitated by Millmerran Multipurpose Health Service Family and Child Health Nurse Mary Grebenshikoff and Early Intervention Parenting Specialist Melanie Clout.

The program was aimed at helping parents identify what their children's emotional needs were, and how to best respond to their good as well as more troubling behaviours.

"There is a big expectation in our community that parenting just comes naturally," Ms Clout said.

"However, every job we do in life generally comes with some sort of training. Parenting is one of the most important jobs; why shouldn't parents ask for some guidance and help."

Mother-of-two Claire Crumblin was one of 12 parents who attended the free program in Millmerran.

"My two-and-a-half-year old is now going through the 'tantrum' stage," Mrs Crumblin said.

"I've learnt now how to look for those 'tantrum' cues and how to better respond to her needs, and understand where she is coming from."

Mrs Crumblin said it was also beneficial to learn too from the experiences of other mothers.

"It was good as well to sit down with a room full of mums and hear their stories," she said.

"It makes you realise that it's not just you, everyone faces challenges at some point."

After the success of the Millmerran program, plans are now in place to stage the Circle of Security in Pittsworth.

The program will begin at the start of the third school term, from Wednesday, 15 July at the Pittsworth Function Centre, Hume St.

The program is based around a series of short video presentations covering a variety of parenting topics, with time set aside for participants to discuss the presentations and to ask questions.

Parents interested in participating in the next program can contact register contact Mary Grebenshikoff on 4695 3124.

Ms Grebenshikoff thanked staff from the Millmerran C and K Kindergarten who kindly offered their premises for the course.

Caption: Millmerran mother-of-two Claire Crumblin with her youngest child, Sophie, with Early Intervention Parenting Specialist Melanie Clout.

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