



Inala local Chelsea Bond has several roles; Wife, Mum, Project Officer and community person.

Chelsea is a project officer for Inala Indigenous Health and co-ordinates 'Communities for Children', an Indigenous early-year intervention program, in partnership with Mission Australia. The project is funded by the Australian Government's *Communities for Children Initiative*.

For the last 10 months, Chelsea has been engaging the community at a grass-root level, with aims to make the community a stronger place for children.

"When we engage our community with health promotional messages, we try to make them fun and interesting and we don't try to preach to our mob," she says.

The first step in launching the Indigenous early-year intervention program was identifying the many stakeholders in the Inala area, especially families with children between the ages of 0 and 5. The best way in achieving that was meeting those families, face to face, at festivals and community events.

The first outcome was the development of an 'Early Years Calendar,' which features an assortment of relevant information about health and well-being in the Inala community, during the calendar year.

The calendar goes as far as featuring community people in community roles. Thus far, almost 1600 calendars have been circulated.

Another of Chelsea's achievements is the formation of a monthly playgroup. The group meets on the first Wednesday of each month, hosted by different services in the locality.

The overall aim of the program is to instil healthier living in Inala, starting with young families and young children.

"If they feel (the children) confident at home and strong at home that will translate to the outside world," Chelsea says.

"As a parent I like to see my kids being more confident socially and not being shame."

The playgroup now numbers about 20 children and their parents. "It's been really positive," says Chelsea.

Chelsea not only sees the playgroup as a venue for the development of social skills in children, but also a support network for the parents who are, "celebrating your child's success...whatever it is!"

INALA

**Indigenous
early year
intervention
program**

For more information about the Indigenous Early Intervention Program, or any of the other services offered at Inala Indigenous Health, call 3275 5388



Professor Matt Sanders is the founder of 'Triple P'; the Positive Parenting Program which he developed some three decades ago while doing his doctorate based on the parenting of young children with disobedient and aggressive behaviours.

Professor Sanders is the Director of the Parenting and Family Support Centre at the University of Queensland where the Positive Parenting Program has developed into a widely recognised success.

“Sometimes, doing a parenting course can be ideal”, he says.

“It gives the parents the opportunity to reflect on what they’re doing.”

The ‘Triple P’ course is based on 5 main principals of parent-child relationships;

- (1) Children do better when they grow up in a **safe, predictable world**. Busy children with interesting things to do are less likely to have behavioural problems.
- (2) Children need a **positive learning environment** where parents are tuned into the good things that they do and where encouragement, praise and feedback are freely given.
- (3) Children need some assertive discipline, and need to develop in **an environment with some rules, limits and boundaries** by parents who are confident and thoughtful disciplinarians.
- (4) Parents must have **reasonable expectations** of their children.
- (5) Parents need to always **take care of themselves**

and portray this to their children in a positive manner.

The ‘Triple P’ was seeded from a home visiting program and has developed into the universally acclaimed program it is today.

Professor Sanders says concentrating and identifying the needs of young children to 5 years and their parents, helps to manage growing pains.

But the fundamentals of ‘Triple P’ can be applied to troublesome teens. “Teenagers still need a safe, predictable world,” Professor Sanders says.

“They benefit from having positive feedback and encouragement.”

For the last 5 years Professor Sanders has been working to furnish a program that ideally suits the needs of Indigenous parents and children.

So far the results have been positive, largely due to Professor Sanders undertaking face-to-face consultation within the Indigenous community.

Presently, the Parenting and Family Support Centre are looking to further Indigenous parenting research and need to consult with people who are Mums and Dads of kids aged between the ages of 2 and 10 years.

So, if you want to have your voice heard and to also receive some support call 3365 7304.



Above: Recently featured Indigenous Triple P parent, Mat.



“Some parents feel like the horse has bolted, ‘It’s beyond me!’ ...my view on this is that it is never too late to turn the corner.”
Professor Matt Sanders

INDIGENOUS YOUTH HEALTH SERVICE

3393 0055

Ever had those days when life feels too hard?

Some people make the mistake of thinking that doing drugs will help, when in most cases it can contribute to, or bring on mental health problems.

Steve Fisher from the Aboriginal and Torres Strait Islander Health Service said it all starts with acknowledging your short-falls and making the effort to work on them.

“There’s a lot of support out there within your own families and communities so embrace what you got and play your part within your family, within your communities and accept your responsibilities as a man or a woman,” Steve said.

“There is help and support out there you just need to acknowledge that you have issues and you need that support to get through and overcome any problems that you’re compounded by at this moment.

“There is always tomorrow.”

Steve is the kind of person you can approach for that support. He is a family support worker at Indigenous Youth services, a program delivered by the Aboriginal and Torres Strait Islander Health Service.

Part of his role is to help youth sort through personal and family issues and to provide positive encouragement especially to those who sniff petrol, or “chrome”.

Steve said he gives them the opportunity to experience more rewarding things in life.

“Chroming has different levels of addiction. There is kids that come out .. amongst friends and they have the peer pressure of that certain group to be with them or against them,” he said.

“Our concerns are mainly around (the kids) graduating from doing it from a cheap and nasty drug... we see the longer term users starting to become affected mentally and further isolated from the social activity.

By seeking help through the Indigenous Youth Services, youth can rebuild their lives and start to see a more fulfilling future.

AICHS

*In the business of
looking after parents
and children...*

The Aboriginal and Islander Community Health Service Brisbane was founded in 1973 by a dedicated team of volunteers in the local community to meet the needs of Indigenous families.

From humble beginnings, AICHS now offers over a dozen different services and programs to the community. One such area; the Family and Child Health Team, was set up to sensitively care for parents and babies.

“Our health workers promote and support mums and dads to make sure they give the best health provisions to their young ones,” says Manager, Ros Knee-Bone (*at centre, in photo*).

Indigenous women are still having babies with lower birth-weights than the rest of the population, so it is important for a unit like this to strive for changes with programs that are culturally appropriate.



While the section is primarily set up for mothers and babies, their purpose is to not isolate them from problems related to male members of the family.

Mothers are encouraged to drop-in while family members access other AICHS services or programs.

The unit offers an open invitation to parents, but every Wednesday from 8:30 – 4:00 there is an antenatal clinic with Dr Megan Kennedy.

The clinic can provide everything from education, make hospital and ultrasound bookings, to baby checks and immunisations.

For more information, call 3393 0055.

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The Young Murri Parents project is available online at www.bimaprojects.org.au.

You can listen to all of the project audio, access extra info on services, and view newsletters.

If you have any feedback or comments, please email karend@989fm.com.au or call 3892 0100.