

SafeCare News

SAFECARE GOLD COAST QUARTERLY NEWSLETTER

HIGHLIGHTS

- Parent Child Interaction
- Home Safety
- Health
- Parent Wellbeing



About SafeCare

Evidence based in-home parent education curriculum

"A wonderful service for families in need of support when they don't receive support from others..." - Sarah*

* Name changed to protect privacy

SafeCare is an in-home parent education curriculum developed at Georgia State University in the United States. The program has over 30 years of scientific research supporting its effectiveness at improving positive parenting skills. SafeCare has been introduced to Queensland in its first pilot on the Gold Coast as an early intervention approach.

SafeCare is designed for families with children 0-5 years and focuses on three key areas; parent-child/parent-infant interaction, home safety and child health. SafeCare educators work with parents each week for approximately 4-6 months to learn new skills in order to keep their children as happy, healthy and safe as possible.

Parent Child Interaction

Increasing positive interactions

Parent-child interactions are an integral part of a child's development. SafeCare's Parent-Child (18 months – 5 years) and Parent-Infant (0-18 months) Interaction modules focus on increasing positive interactions between parents and their children, as well as providing some structure and routine for daily activities.

Below is a great resource from the Raising Children Network that discusses the importance of giving children positive attention and provides some age appropriate tips to help parents increase those positive interactions.

<https://raisingchildren.net.au/toddlers/connecting-communicating/connecting/positive-attention>



Home Safety

Peace of mind for the busy parent

Home safety for kids can be easy. There are lots of ways to make sure family homes are fun, stimulating and safe for children as they grow and develop. The SafeCare Safety Module aims to promote a safe and child-friendly home environment. Parents are taught the importance of age-appropriate supervision and how to identify and remove hazards throughout the home.

The following article discusses some of the basic categories of hazards and tips for parents to reduce or remove them.

<https://raisingchildren.net.au/toddlers/safety/home-pets/home-safety>

Health

Keeping children healthy

SafeCare's Health teaches parents skills to make the best health care decision for their children. SafeCare follows a structured decision making process for various health scenarios. Parents are provided with a Health Manual and several tools to assist with identifying and responding to illnesses and injuries.

Often families face difficulties in finding a GP that they can trust. The link below can be used to assist families in finding the right GP for them.

<https://raisingchildren.net.au/toddlers/health-daily-care/health-care/finding-a-gp>

**"I feel more confident
setting tasks for Ben*
knowing there will be less
arguments and fighting "**

- Sarah* completed SafeCare Program

* Names changed to protect privacy

Parent Wellbeing

Taking care of yourself

Wellbeing is the happiness and satisfaction that we feel about our lives. It can change from time to time depending on what is happening. Parenting can be challenging and at times, parents can feel like they're running on empty. SafeCare encourages parents to take time to do things for themselves so that they feel better able to cope with the daily stresses of life.

The way we achieve wellbeing may be different from person to person - we are all different in how we think and feel. The following questions might be helpful for you or your clients to reflect on their own wellbeing. Trying to do all of these things at once is highly unrealistic - we may do some things but not others. Remember, taking small steps to improve your wellbeing can have a positive impact on how you feel: you don't need to change everything at once.



DO I...

- Have someone I can talk to about my feelings and experiences?
- Get enough sleep?
- Eat regular and nutritious meals?
- Do some regular physical activity?
- Feel I can think clearly and work through problems?
- Feel I can connect socially?
- Set aside regular time for relaxation and activities that I enjoy?
- Feel happy and content with my life most of the time?
- Feel hopeful about tomorrow?

Referrals

Got a family in mind?

Families can self-refer into the program, or alternatively support practitioners and other professionals working with the family can refer with the family's consent. If you would like to know more about SafeCare, discuss a potential referral or get a copy of our referral form, please contact us on the following:

Email: safecaregc@actforkids.com.au

Phone: 07 3707 1500

