

# Tips for positive parenting

Tell your kids how much you love them every day!

Cuddle your kids everyday...

Read to your children!

Praise your children!

Children learn what they live!

To access the Sutherland/St George Aboriginal Family Workers, you can ring the number on the front of this brochure and refer yourself, or you can be referred by another community agency. After referral, a Family Worker will be allocated to make contact with you, arrange a visit, and establish a support plan based on your individual and family support needs.

# Courses on offer...

During the year, we offer many informative, fun and therapeutic courses. These can include...

- Parenting groups
- Supported Playgroup
- Circle of Security
- Angel Blankets
- Keeping Children Safe
- Women's Domestic Violence Support Group
- Groups for children who have witnessed family violence
- Support groups for women and children
- Art therapy

familiesnsw  
supporting families to raise children



## Sutherland/St George Aboriginal Family Worker Project

Sutherland Shire Family Services Inc.  
90 Soldiers Road  
Jannali NSW 2226  
Phone: 9528 2933 ext. 118 or 119  
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Email: [afwp@ssfs.org.au](mailto:afwp@ssfs.org.au)

Funded by NSW Department of Family & Community Services

# About the Sutherland/ St George Aboriginal Family Worker Project

The project is an initiative of the Families NSW prevention and early intervention strategy.

Families NSW recognises that all families need support, and some need additional support because of their circumstances.

Aboriginal Family Workers provide practical and emotional support and assistance to Aboriginal families with children aged 0–8 years, who are experiencing difficulties in their lives.

Support provided will vary for each individual family and may also include referral to other relevant support services.

Family workers will work with families to promote good health and emotional well being for all children.

# Aboriginal Family Worker services offered

- Appointments by home visit or in a place convenient to you.
- Family workers provide information and referral as well as emotional and practical support.
- Family Workers consult with families regarding the many issues that affect family life and relationships, including:
  - **parenting tips and advice**
  - **relationships**
  - **living skills**
  - **domestic violence/abuse**
  - **financial advice/referral**

Family Workers can liaise and negotiate with other agencies and departments on your behalf, including assisting you to seek out and access government departments and other agencies.

Family Workers can also offer crisis intervention and referral if needed.

# 10 good parenting tips

1. Listen to feelings as well as words.
2. Spend time together.
3. Understand the world from your child's point of view.
4. Notice and praise the positives.
5. Avoid blame and put downs.
6. Use words to encourage your child.
7. Think first before you act or speak.
8. Share the household jobs and responsibilities.
9. Connect with your children through play.
10. Involve your child in solving minor problems.

Visit the website:  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)