

November 1, 2007

Communities for Children Forum 2007

Child Friendly Communities

Measurable Outcomes

Wednesday 7 November



Slide 1

Seaton Central forms one component of Child Friendly Communities through CfC Uniting Care Wesley Port Adelaide, in South Australia.

Located on the site of the Seaton Park Primary School in the north-western suburbs of Adelaide, Seaton Central offers programs for young children and their families.

Demographically, Seaton displays areas of affluence. However, hidden from the main thoroughfares there are large pockets of social disadvantage, particularly in the private and public rental housing sector. Seaton historically has not had the necessary services for families and young children, whilst local kindergartens are not easy to access via public or foot transport.

The recent AEDI report highlighted Seaton as having the lowest emotional, social, motor, language and cognitive development in the state. Seaton Central therefore fills the gap of service provision for families and their children in the areas of:

Social experiences, play, education, care, primary health, mental health, early childhood development, child protection, disabilities, parenting training, referrals, home visiting, social work, speech therapy, counselling, transitions to kindergarten and school, epilepsy support and celebrations.

Slide 2 Measures

From 16 families in June 2005, *Seaton Central* now accommodates over 350 families with a range of prevention and early intervention programs delivered by a multidisciplinary team of 14 professionals, 5 non-professionals and 11 volunteers.

The first 16 families came together for **Seaton Playgroup** - a universal entry point. A consultation with the families at Seaton Playgroup took place in October 2005 which provided evidence for more universal and targeted groups to be created. Seaton Playgroup now attracts 50 families a week, including babies, twins, and children with disabilities, families for whom English is a second language, Dads, grandparents and Family Day Care providers.

The **Western Perinatal Support Group** began in February 2006 as a targeted program for mothers experiencing post natal depression with a cap on 10 families each term.

Rock n Roll, a music and movement playgroup attracts up to 50 families each session.

Read About It Language and Literacy program for 3 and 4 year olds with their parent or carer has a limit of 10 families each term, which translates to 40 families each year. Of these families 50% are revisits in the following term or year once the child reaches their fifth year, or in the period prior to starting school or kindergarten.

Baby Play Station was created in 2007 to meet the needs of parents returning to work and therefore missing out on playgroup experiences. Baby Play Station Playgroup is aimed at parents with very young children, less than 12 months, and gives new mothers a chance to link with the community and meet other mothers of babies and share experiences.

Slide 3: Statistics

In a recent Feedback Survey of 355 families accessing services at Seaton Central, a random cohort of 50 families revealed some encouraging outcomes of measurable change.

Seaton Playgroup, Rock n Roll, Baby Play Station

- 272 families have participated in these universal playgroups.

Of these:

- 18 % have improved knowledge about being a parent and confidence with their parenting skills
- 43% have improved relationships with their family
- 40% have an increased social life and increased the number of friendships
- 55% have improved knowledge of other services

One new mother explained: *"It's important to have somewhere to go with a new baby. I felt comfortable because people were always welcoming and it was good for my baby as well as me."*

Another mentioned: *"Love the fun activities at Rock n Roll with fruit at Fruit Time – not chips."*

A long term parent commented, *"I love the Playgroup - it gave me a chance to play with my daughter and meet other parents with children in the area. My daughter loves it. She is 2 years old and we have been going to playgroup since she was 8 months old."*

From a stay-at-home Dad: *"I appreciate seeing other fathers at playgroup as well especially at the Rock n Roll Playgroup."*

Read About It

- 60 families have participated in this early literacy program for 3 - 4 year olds and their carers.

Of these:

- 50 % have improved knowledge about being a parent and confidence with their parenting skills
- 75% have improved relationships with their family
- 75% have an increased social life and increased the number of friendships
- 100% have improved knowledge of other services

"The services Seaton Central provide a real 'God-send'. When I first found out about Seaton Central I was having a real hard time as a wife, friend and mother. It was great to find people who care, understand and don't judge. Seaton Central offers all sorts of support and outlets for mothers, fathers, grandparents and most importantly our children."

Western Perinatal Support Group

- 55 families have participated in this support program.

Of these:

- 75 % have improved knowledge about being a parent and confidence with their parenting skills
- 50% have improved relationships with their family
- 75% have an increased social life and increased the number of friendships
- 50% have improved knowledge of other services

One parent says: *"Seaton Central has made a huge difference in my life!"*

Another mother responded, *"PND saved my life – literally, thank you."*

Slide 7: PIES Planning Implementation Evaluation System

Developed for Seaton Central Team, PIES enables immediate evaluation of programs enabling appropriate modification and planning.

This practice allows practitioners to:

- monitor families, debrief strategies and prevention strategies;
- immediate response to individuals and families;
- provide quantitative and qualitative data required by FaCSIA;
- support PPPs to ARACY;
- reflect of own practices;
- review the programs and
- provide evidence of practice.

Slide 8: Contact details

End

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November 1, 2007