



Caroline Chisholm Society Evidence Based Programs

Our evidence based programs have been tested and shown to work.

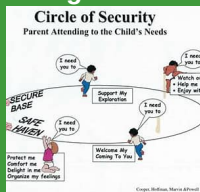
Programs you can expect to participate in with your worker

Circle of Security

Enhancing attachment relationships between caregivers and children, promoting secure bonds and healthy development



Timeframe: 13 hours over eight weeks



Bringing Up Great Kids

Helping parents build positive, healthy relationships with their children through mindfulness and reflection. Programs include:

- The Early Years* - for parents with children aged 0 - 6
- The First 1000 Days* - for parents beginning their parenting journey
- Family Violence* - support for women to reclaim their confidence with parenting



Timeframe: 12 hours over nine weeks

Abecedarian Approach

Designed to enhance language and literacy development in children aged 0 - 5 years. It includes:

- Conversational reading* through engaging children in stories
- Incorporating education into daily routines* supporting learning
- Learning Games* promoting learning and social skills



Timeframe: Variable

Other programs your worker might talk to you about participating in

Bringing Baby Home - designed to help parents successfully manage the transition to parenthood by keeping their relationship strong. It focusses on relationship building because the strength of the parents relationship directly impacts on their child's emotional and cognitive needs.



Timeframe: One hour for 12 weeks

Keys to Infant Caregiving - a research based learning program that provides important information on newborn, infant and child behaviour. Parents learn to understand and recognise infant states, behaviour, development and communication.



Timeframe: Two hours for two weeks

Promoting First Relationships - ideal for parents wanting to promote children's social-emotional development through responsive, nurturing caregiver-child relationships. Parents are observed during play and interactions, given live feedback and provided with handouts and strategies.



Timeframe: 13 hours over eight weeks

SafeCare - An in-home parenting program for parents of 0 - 5 year olds. The topics include Parent/ Child/ Infant interaction, Home Safety and Child Health. There are six sessions for each topic which are covered in weekly home visits.



Timeframe: 1 hour for six weeks for each topic (total 18 hours)



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