Department of Communities and Justice 

# TEI Parenting Programs – Form to Request Locally Designed Parenting Program for Service Delivery

**Purpose and Use of this form**

The TEI Program has developed a list of evidence-informed programs which is available in the TEI Program Specifications.

For providers in the Wellbeing and Safety program activity who are delivering parenting programs, it is recommended they will use the evidence and select from the list of evidence-informed programs, unless: the parenting programs on the list are not appropriate, or do not meet the needs of families accessing your TEI services; or you are an ACCO delivering parenting programs to Aboriginal clients or you are a non-ACCO, with Aboriginal staff delivering parenting programs to Aboriginal clients. ACCOs and non-ACCOs with Aboriginal staff working with Aboriginal communities are encouraged to design programs suitable for their local context.

After reviewing the evidence – informed program list, if a provider considers a locally designed program is more suitable in their local context, they can propose this option to their DCJ contract manager. If after discussion, the agreement is that the proposal for a locally designed program may be suitable, the service provider should complete this template and submit it to their DCJ contract manager who will then forward it to the TEI mailbox for consideration and approval. Your DCJ contract manager will advise you if your application has been successful.

Note that ACCO providers or non-ACCO providers with Aboriginal staff delivering parenting programs to Aboriginal clients **do not need** to complete this form.

| 1. Contact Details
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| Name and contact details of person submitting form | (Service provider contact name and contact details) |
| Organisation Name and Address | Family Support Service Organisation |
| DCJ District  | Western NSW |
| District CPO Name and contact details  | (District CPO contact name and contact details) |
| 1. Please provide name and brief overview of parenting program proposed:
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| Our service would like to deliver the following two parenting programs:1. Circle of Security
2. Bringing Up Great Kids
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| 1. Location/s of where program will be delivered (please specify LGA)
 |
| Bathurst |
| 1. Key Target Group
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| Circle of Security - Groups of caregivers (parents, foster/adoptive parents, and early learning providers) of infants, toddlers, and children younger than 6 years old.Bringing Up Great Kids – parents and carers wanting to enhance their parenting skills |
| 1. Have you considered the evidence-informed parenting programs list?
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| [x]  Yes [ ]  No (Note: if No, please review the list before submitting this form) |
| 1. Please describe main reasons an evidence-informed program from the list was not selected as suitable:
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| Circle of Security and Bringing Up Great Kids have been popular parenting programs delivered by our service – after review of the evidence-informed programs, these two programs are our preferred approach due to positive client and practitioner feedback. We have had consistent demand and delivery for these programs and they are well received by our client group. See evidence provided below. |
| 1. Is your proposed parenting program an adaptation of any of the evidence-informed parenting programs?
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| [ ]  Yes [x]  No If Yes, please indicate which parenting program and why the adaptation was needed: |
| 1. Is your program self-developed or an existing parenting program?
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| [ ]  Self-developed[x]  Existing model |
| 1. Please provide further detail on your proposed parenting program (including key elements of the program, target group, duration, delivery format) and why it was chosen:
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| Circle of SecurityCircle of Security is a manualised, video-based program where facilitators work with caregivers on how to promote secure attachment. This program is delivered to groups in community settings, or in participants' homes.The overall goals of Circle of Security Parenting are:* Increase caregiver’s capacity to identify attachment needs using the Circle of Security graphic
* Increase caregiver's ability to read young children's cues
* Increase empathy for the child
* Increase caregiver’s capacity to regulate stressful emotional states (their own and their children’s)
* Increase caregiver’s capacity to provide comfort when their child is in distress
* Increase caregiver's capacity to self-reflect
* Increase caregiver’s ability to read young children’s miscues
* Decrease negative attributions of the parent regarding the child's motivations
* Increase parent's capacity to pause, reflect, and chose security-promoting caregiving behaviours
* Increase caregiver's ability to recognize ruptures in the relationship and facilitate repairs

Duration of the program - eight 90-minute ‘chapters’/ components make up the program.More information about the program is available at: <https://www.circleofsecurityinternational.com/> Bringing Up Great KidsDeveloped and established by Australian Childhood Foundation in 2005, Bringing Up Great Kids (BUGK) focuses on building positive and nurturing relationships between parents and their children. The program aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children’s positive self-identity. BUGK is constantly evolving and now has developed into new variations that meet the needs of parents from different backgrounds and with different experiences. It is currently being rolled out in over 600 diverse organisations nationally.Duration of the program - Six sessions over six weeks, 2 hours per session.More information about the program is available at: <https://professionals.childhood.org.au/bringing-up-great-kids/>  |
| 1. Has the parenting program been evaluated?
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| [x]  Yes (evaluation completed) [ ]  Yes (evaluation in progress) [ ]  No If No, please indicate below whether you would be interested in having an evaluation of your program:[ ]  Yes [ ]  No |
| 1. Please provide any supporting evidence to demonstrate your program’s effectiveness

Note: examples of evidence can include research evidence, evaluation, alignment with published best practice principles, client feedback, practitioner expertise, TEI program data or other documentation demonstrating effectiveness.Please include links to evidence and/or attach relevant supporting evidence when submitting this form |
| Circle of SecurityCircle of Security is an attachment-based program that aligns with research around the First 2000 days. It has broad content and flexible material suitable for our clients. It has had positive feedback from families. Our facilitators have observed the program content to be easy to understand and good for eliciting reflection in parents about their challenges and previous strategies used. The CEBC website includes some relevant, peer reviewed published research: <https://www.cebc4cw.org/program/circle-of-security-parenting/> This includes some RCTs and quasi-experimental evaluations which have found a number of positive effects including fewer unsupportive responses of mothers (Cassidy et al. 2017); a significant reduction in parent stress that was maintained at 3-month follow-up (Hanlon-Dearman et al. 2017); a clinically significant reduction in child behavioural issues (Hanlon-Dearman et al. 2017); improved communication between children and their parents (Hanlon-Dearman et al. 2017); improvements in parents responding to their child’s cues (Hanlon-Dearman et al. 2017); improvements in their ability to attend to their child’s cues (Maxwell et al. 2021); reductions in caregiving helplessness in mothers with older children (Maxwell et al. 2021); and reductions in hostility and depressive symptoms in mothers with probable clinical depression preintervention (Maxwell et al. 2021). Bringing Up Great KidsThe program uses mindfulness and reflection to assist parents in reflecting on and improving their communication and interactions with their children (Hunter et al. 2014).Our practitioners have observed that this relational model encourages connection of parents with their children. Activities are designed to be hands on and interactive. The flexible content allows for adapting to different demographics/client groups. All resources are relevant and digitally available. Materials are well designed and engaging.A mixed methods evaluation was conducted by the Australian Institute of Family Studies across 16 sites and included 94 parent participants. Participants reported having a greater awareness of how their own childhood experiences impacted on their parenting and reported improvements in listening and being more mindful and calmer (Hunter et al. 2014). Another evaluation conducted by The Parenting Research Centre is currently underway.Please find attached a summary of some recent client survey data from our service which demonstrates a high level of satisfaction from families participating in these programs. |