

Every Family



FAMILY

RELATIONSHIP CENTRE

HELPING FAMILIES BUILD BETTER RELATIONSHIPS

Mount Gambier

September 2009

Family Relationship Centre

Welcome

The Family Relationship Centre is committed to providing confidential, professional service to clients through providing services in accordance to Government guidelines of:

- Strengthening family relationships
- Helping families stay together
- Assisting families through separation by Family Dispute Resolution

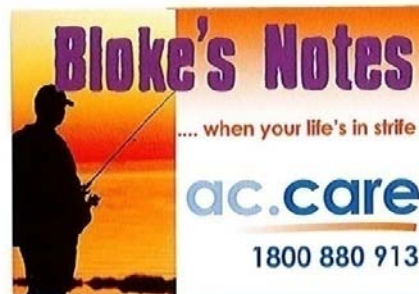
Services also available from the same location are:

- Specialised Family Violence Service
- Post Separation Cooperative Parenting
- Family Support
- Education and Skills Training
- Children's Contact Service
- Men's Counselling
- Family Relationships Counselling

What's in this

issue:

- services
- latest courses
- tips & hints for separated Dads
- tips & hints fun activities for Kids
- Kid's Corner



Pines Enduro 400 sponsorship

The Family Relationship Centre is proud to sponsor the Pines Enduro 400 Dash for Cash as an initiative to promote awareness amongst fathers of the importance of strengthening strong family relationships.

The Pines Enduro is run at the **Teagles Quarry, Millicent on 4th, 5th and 6th September**. Admission is \$10 for adults and \$5 children (5—16) or \$20 for a family, for a fun family weekend.

contact us

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Upcoming Courses....



Parenting after Separation

The Parenting After Separation (PAS) program is for separated parents who are in conflict. The program requires participants to attend a brief assessment visit and then a 4 hour one off workshop. The workshop is facilitated by qualified staff and looks at how conflict between parents affects their child/ren and ways in which parents can better manage this. In the workshops we encourage participants to talk amongst themselves and discuss issues relevant to their situation.

The following is a **good news story** from a PAS client:

The separated couple were at odds with each other as to how much access each should have. The Dad had minimal contact with his son and wanted this to increase, so he took this to the Family Court. His lawyer had advised him to contact the FRC to make an appointment for Mediation. The dad did this and the mediation went ahead. Both parents had completed the PAS workshop independently. The mediation was a success, with both parents coming to an agreement, which saw the Dad having more access and time with their son, which is in the interest of the child. There was not the need to take the case to Family Court. While undertaking a PAS follow up session, the Dad stated that he was very happy with the outcome. His ex-wife and he were able to speak to one another without any conflict. It is so good to see that Parenting After Separation is really making a difference!

Family Relationships Education and Skills

Training

A range of other programs are run from the Family Relationship Centre aimed to provide assistance for individuals, couples and families to develop skills that provide positive relationships with their partner, children and other family members.

Courses include:

- Positive Parenting Program
- Communication and problem solving skills
- Relationship education
- Key life changes

Family Support, Flying Start and Positive Parenting programs are also run from the FRC. These programs are to give support to families to help them build on their relationships and their strengths, to help with parenting, budgeting and household routines.

The next times for the **Positive Parenting** program are:

September 2nd, 9th and 16th
November 4th, 11th and 18th

to be held at the FRC from 10.00am to 12.00noon.

The **Flying Start** program is structured to work with families/parents prior to a baby's birth or for three months after the baby is born. If the family needs more support they can be moved into the Family Support Program and interested people may ring the Centre for more information and referral.

Children's Contact Service

We provide a **safe, neutral and caring** place for children and their parents—where changeovers and supervised contacts for parental visits happen with a minimum of fuss. Sites offering the service are listed below and times are dependent upon availability at the time of booking. Currently, there is a waiting list and interested people should contact the Family Relationship Centre for further information and waiting times.

Mount Gambier weekly Wednesday and Fridays 3.30—5.30 and Saturday and Sunday 8.30—5.30

Millicent every second weekend, times to be negotiated with the Children's Contact Service Program Manager.

Naracoorte every second weekend, times to be negotiated with the Children's Contact Service Program Manager.

Parenting Tips for Separated Fathers

There are many ways fathers can contribute meaningfully to the upbringing of their child, despite the challenges.

You may cease to be a partner, but you never stop being your child's parent.

Reminding each of your children that you love them very much even though you may no longer be living with them, is a very important form of reassurance for them.

Research also indicates that effective fathering increases your child's chances of developing a positive body image, good self esteem, moral strength, and of feeling competent socially and at school.

Tips for non-resident fathers

If you are a non-resident father you can of course still be involved in the important milestones and activities of your child.

Some examples:

- You can still attend parent/teacher interviews
- You can celebrate their birthdays with them, even if sometimes it is not on the actual date
- You can still go to their sporting events/dance classes/plays
- You can also write to them, send them emails or ring them on the phone
- By remaining involved with your child through these activities, you are showing them that you are interested in their life and you do care about their wellbeing.

About fathering

Being a father is one of the hardest and most rewarding jobs you will ever do. The job doesn't come with a set job description, but when thinking about your role as a dad it is worth considering the following. Fathering is:

- an active role as well as a support role
- leading your children by staying a step behind
- taking the time to ask your child about their day
- being involved in your child's education

Fathers can:

- be good listeners
- be good story tellers
- be very good teachers
- show children about being gentle in a tough world
- show their children where they work
- encourage children to explore the world they live in
- be very good at solving problems
- teach children how to make things

Source: Family and Relationships Online

Commonwealth of Australia Factsheet

[http://www.ag.gov.au/www/agd/rwpattach.nsf/VAP/\(4BEFD7EAA9FF2239114806153C8403E\)-Parenting+Tips+for+Separated+Fathers.html/\\$file/Parenting+Tips+for+Separated+Fathers.html](http://www.ag.gov.au/www/agd/rwpattach.nsf/VAP/(4BEFD7EAA9FF2239114806153C8403E)-Parenting+Tips+for+Separated+Fathers.html/$file/Parenting+Tips+for+Separated+Fathers.html)

Hints and Tips

Fun Activities for Kids

Ingredients

- 1 cup White Plain Flour
- 1 cup Cold Water
- 2 teaspoons Cream of Tartar
- 1/2 cup Salt
- 1 tablespoon Oil
- Food Colouring (Colour of your choice)



Description

Play Dough - hours of fun for the kids

Instructions

Stir all ingredients for 5-6 mins on low heat, or until a firm dough like consistency.

You will notice the play dough change colour & become a little transparent, & will start to catch onto the saucepan.

Turn onto a board, cool, & knead until smooth. If it's too sticky you have not let it cook enough. :o)

Notes

KEEP IT IN A SEALED CONTAINER IN THE FRIDGE. We like to use clean ice-cream/or fast food containers. Will last for weeks.

Kids will have fun for hours. Use any colour food colouring you wish, or your child's favourite colour. Put more salt if your toddler/child tends to eat it, they will spit it right out.

Hints and Tips

Outdoor Activities for Kids

Play Ground

Your child may be able to go hand-over-hand along the monkey bars the playground. They love to climb and jump.

Obstacle Jump – Jump across the River

Establish a “river”, perhaps a garbage bag filled with leaves, to jump over. Encourage him to jump far as well as high. Congratulate him when he makes it across the “river” without falling in.

Beanbag Balance

If you have a low wall or beam or curb on which to balance, have your child carry a beanbag on his head while walking along the edge.

Bowling

Save old plastic detergent bottles and line them up in groups of three, six or ten as skittles or bowls. Ask your child to roll a large ball towards them and knock over as many as possible. Keep score and award a sticker for every hundred points.

Hint: you might want to weight the skittle with water or sand so that they are not too easily knocked over.

Growing Plants

You don't need a lot of space to grow plants, a few small pots on a window sill will do. You can grow lentils and mung beans. What happens when we plant potato eyes, carrot tops, a garlic clove, orange seeds, an avocado pit or a sprouting onion?



Kid's Corner

What do you like doing with your Dad?

I like drawing and playing with my dad and him giving me cuddles ...Jade, 4

I like it when my daddy helps me ride my bike and play the Nintendo ...

Wii Brady, 6

I like playing play station with my dad ... Kane, 5

I like going out with my dad to BBQs and going for walks

Patrick, 7

I like to read books with Daddy

Wil, 3

ac.care
opportunities for life ... for rural people

ac.care is the lead agency running the Mount Gambier Family Relationship Centre with Relationships Australia & Centacare.

Anglican Community Care Inc was formed in Mount Gambier in 1985.

In 2009 the organisation adopted a new public identity, demonstrating a move forward and identifying the organisation as a leading service provider for rural people. Anglican Community Care Inc is now referred to as **ac.care**