

CLD PARENTING RESOURCES

Name	Organisation	Age/Time	Topics	Other
Parenting Between Cultures	Marymead Child and Family Centre, NSW Phone: 02 6295 2755 Email: programs@marymead.org.au Website: www.marymead.org.au	Parenting of primary students (adaptable for older age) 6 sessions (a few hours long)	<ul style="list-style-type: none"> ■ Where do we come from and what is important to us ■ Keeping our culture (& parenting styles) ■ Bending like a river (& conflict resolution) ■ What happens at school and why ■ Maintaining harmony in the family (& child protection issues) ■ Parenting is hard work, how to get support 	<ul style="list-style-type: none"> ■ Strengths basis ■ Solution focus ■ Useful session plans for 6 week program ■ A range of handouts and a list of resources ■ Evaluation built into the program
Cross Cultural Parenting	London InterCommunity Health Centre, Canada Email: mail@lihc.on.ca Website: www.lihc.on.ca	Parents of adolescents 6x 2.5 hrs sessions Canadian resource, but adaptable for Australian audience	<ul style="list-style-type: none"> ■ Migration and its effects on the family ■ Dealing with children's feelings ■ Rights of Children in Canada ■ Discipline without force ■ Intergenerational discussion (with young people) ■ Celebration 	<ul style="list-style-type: none"> ■ Values parent's life experience ■ Strong focus on impact of re-settlement on parenting ■ Includes needs assessment of participants and evaluation methods. ■ Useful session plans ■ Practical info re publicity etc. and detailed resources ■ Discusses using facilitators from either the same or a different ethnic group etc.
Community Education Program for Arabic Speaking Families (FANL/ SMART program)	Children's Protection Society, VIC Phone: 9460 2811 Email: reservoir@cps.org.au Website: www.cps.org.au	General age A number of different sessions and methods	<ul style="list-style-type: none"> ■ Covered the Magistrate and Family Court systems, Legal aid, Family Law, Local Policing, Child Development and parenting issues. 	<ul style="list-style-type: none"> ■ Outlines successful and innovative strategies for attracting a large number of parents from CLD backgrounds, esp fathers e.g. radio program. ■ Strong violence prevention focus ■ Reports also available on strategies with other communities

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Families in cultural transition	Service for the Treatment and Rehabilitation of Torture and Trauma Survivors, NSW Phone: 02 9794 1900 Email: startts@s054.aone.net.au Website: www.swsahs.nsw.gov.au/areaser/startts	General age – but sections on adolescence 9x 3hr sessions (this can be shortened depending on what activities are selected)	<ul style="list-style-type: none"> ■ Settlement ■ Support systems ■ Money ■ Trauma and Healing ■ Families, communication ■ Children, parenting styles, problem solving ■ Gender ■ Youth, adolescent development ■ Enjoying the new environment 	<ul style="list-style-type: none"> ■ Generalist settlement program for newly arrived families - good cross cultural resources ■ Useful session plans, easily adaptable resources ■ Modules on parenting and adolescence ■ Includes large number of overheads and handouts, and detailed sections on methods and strategies.
Parenting in a new culture: The preschool years	Northern Migrant Resource Centre, VIC Phone: 9484 7944 Email: reception@mrcne.org.au Website: http://www.mrcne.org.au/pguide.htm	Early years focus, but can be adapted for older age group. Available in Samoan, Chinese & Arabic	<ul style="list-style-type: none"> ■ Immigration and parenting ■ Children's development and needs ■ Self Esteem ■ Enhancing social skills ■ Effective Communication ■ Discipline ■ Stress Management ■ Positive Parenting 	<ul style="list-style-type: none"> ■ Three manuals with detailed and culturally relevant information targeting parents within the respective communities. ■ Produced as a result of successful pilot programs
Parent Easy Guides 1, 2 & 3	Parenting SA, Migrant Resource Centre of SA http://www.culturaldiversity-human-services.dhs.sa.gov.au/site/page.cfm?mode=search_results&template_name=publications.cfm&publication_language_id=1&search_string=PEG	General age Available in Croatian, Chinese, Khmer, Russian, Vietnamese, Spanish, Bosnian, Persian, Somali, Serbian, Arabic, Tagalog and English	<ul style="list-style-type: none"> ■ Families in Australia, parental responsibilities, support for sole parents, laws protecting women and children. ■ Grief, physical health, children's safety, family conflict & abuse, teenagers and self-esteem ■ Education, discipline, schooling, discrimination, peer pressure 	<ul style="list-style-type: none"> ■ Three info sheets providing info for parents in South Australia on Families, Family Health and Children and Young People. ■ Needs to be adapted for other states, but generic info is relevant.

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ABCD Parenting Young Adolescents	Website: http://www.abcdparenting.org/parents/download.html	Parents of adolescents Available in Macedonian, Turkish, Spanish, Arabic, Vietnamese and English	<ul style="list-style-type: none"> ■ Understanding Your Adolescent ■ Parenting Traps ■ Decision Making & Responsibility ■ School Involvement ■ Caring For Yourself ■ Encouraging Your Teenager ■ Listening ■ Dealing With Anger ■ Connecting With Your Teenager ■ Problem Solving ■ Monitoring Your Teenager ■ Setting Limits & Using Consequences 	<ul style="list-style-type: none"> ■ General info sheets that have been translated for 5 language groups. ■ Includes a number of Issue Sheets, Mini Sheets and Skill Sheets ■ See also info re ABCD cross-cultural parent programs available.
Multicultural Health Catalogue Online Parenting sheets	NSW Health Website: http://www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/Parenting.html	Parents of adolescents Chinese, English, Italian, Korean, Macedonian, Portuguese, Russian, Spanish, Thai, Turkish, Vietnamese	<ul style="list-style-type: none"> ■ Helping teenagers grow up safely ■ Talking to teenagers/rules ■ Teenage Behaviour - When Parents Can't Cope ■ Use words that help, not hurt, ■ Bullying ■ Etc. 	<ul style="list-style-type: none"> ■ A series of info sheets for parents of teenagers around a number of key issues, and provided in a range of languages. ■ May need to be adapted for other states.

Compiled by CMYI, August 2004 www.cmyi.net.au