

Practice Hour

Supporting Young Parents



Home
Stretch
WA

Date: 13.06.2024

Names of Facilitators:



Jenni Banfield, Young Parents Support
Service, Anglicare WA

Acknowledgement of Country

Home
Stretch
WA



*Ngaala kaaditj Noongar moort
Keyen kaadak nidja boodja*

We respectfully acknowledge the Whadjuk people of the Noongar Nation as the Traditional Custodians of the land we are presenting from today, and all the countries where people are located. We pay our respects to their strength, cultural resilience and the Elders past and present.

Housekeeping & Rules of Engagement

Rules of engagement:

- Safe, secure, confidential space
- De-identify your examples (*including case managers & District offices*)
- Not supervision (*but can be arranged!*)

Teams Etiquette:

- Cameras on
- Mic on mute
- One person per camera is best
- Today we are going to hear from a guest speaker Jenni Banfield who is going to talk about supporting young parents and will be open for all questions and discussions at the end



Is everyone ok with it being recorded?

Who is here today?



In 1 minute or less

- New people - introduce themselves
- What is your role?
- Which Provider do you work with?
- What brought you to working with Home Stretch WA?

By the end of this session...

Today we have Jenni Banfield from Young Parent Support Service talking about how young parents and their families are supported in the Young Parents Support Service along with some resources available in the community

By the end of this session, we hope you will pick up some different ideas/tools that you can add to your support service

- Understanding of the Young Parent Support Service
- Practical tips for supporting young parents
- Information on resources available to support young parents
- Share Challenges/ Learnings

Young Parent Support Service



Hi I'm Jenni and I'm an imposter

- Facilitate and case manage Young Parents' through the southeast Metro.
- Young Parents Support Service YPSS program aims to improve family functioning and build capacity through increased social connections, advocacy and parenting support.
- Young parents (up to 25 y/o) who are vulnerable or "at risk"

In 2022/23 YPSS

- 58 young parents and 79 children
- 19 new clients and 39 previous year
- 10 Aboriginal young parents and with 19 children
- 400 service events
- Case load 15-20



Young Parent Support Service



Referrals come in from

- Hospitals, KEMH, FSH,
- Child health nurses, schools
- Self and or family
- Other services

Common Challenges facing our YP's

- Housing and homelessness,
- Conflict with family and or partner
- FDV and relationship issues,
- Financial distress, debt,
- Mental health and parenting concerns
- Open to department of communities and child protection



Young Parent Support Service



So, what do we do:

- Outreach/ home visits
- 1:1 support,
- Weekly play group
- Social outings (cost considerations)
- Advocacy and referrals
- Informal counseling
- Lots of talking (so much)



Young Parent Support Service

Case management-what do we work on

- Accommodation - referrals, different accommodation
- Finances - debts, fines, actual budgeting,
- Health
- Mental health
- Self-care
- Social isolation/engagement
- Parenting
- Child development
- Goals- drivers licence
- Advocacy
- Assume they know nothing about what services are available to them



Young Parent Support Service



Breakdown of Finances and Budgeting Case management

Possibly first time living independently

- No idea about money and or budgeting (after pay)
- Many have debts they have 'forgotten' but company will not forget
- Financial counselling referral –lots of debts (WDP Work and Development permit scheme *again selling myself*)
- Budget template (give one to client plus a pen)
- Write **everything**, they spend for the week/fortnight in a book (give them one) including all the snacks clothes for children/babies

Food budget

- Do a weekly/fortnightly menu plan (helps with routine)
- Shopping list from this
- **Talk about** payment plan for power, rego, phone,

Young Parent Support Service



Parenting and Child development

- YPSS walks beside our YP's to support their own parenting journey
- Parenting together and or solo, Relationships (partner and family)
- Routine- (often get push back)
 - Bedtime what is bedtime bath time teatime read a book-bed time
 - Time to self
 - Children need sleep for brain development
- Self-care (usually little to zero)
- Social engagement
- Often first time living independent parenting 24/7
- Cooking- (I do cooking in the home)
- Daycare-(self-care time for appointments)
- Support with information on child development (feeding, sleeping, teething, dressing for the weather, toilet training,
- Think of everything in your day plus some-that's what we talk about
- We want our young parents to thrive not just survive



Young Parent Support Service




Social isolation is HUGE

YPSS Playgroup- (hard for new parents to join the unknown)

I start talking about this from my first meeting (plant the seed and water it)

- Every Monday morning
- Fruit for morning tea
- Child led play, art, outside play, jigsaws
- Meeting new parents and developing new friendships
- Go on outings (cost consideration)
- BBQ local park
- Park play
- Museum
- Local library
- Zoo- end of year trip



I know you won't read this for a week. But you're gonna be happy! Chantelle and I went out to Crocs Playground with the kids today!!

Young Parent Support Service

Advocacy

Working alongside Child protection- tips/strategies (breath)



- Attend and advocate at monthly meeting
- Get to know the case manager
- What are the goals of the department and how do we meet these
- Copy of minutes/photo of any whiteboard notes
- Follow the policies and procedures of dept
- This is a very stressful time for our young parents, but we need to work through the process.



Young Parent Support Service

ER Relief and Other practical resources

- Nappy collective
- Tiny things
- Thread together
- Op shops
- FB Buy nothing pages
- www.Askizzy.com
- Foodbank
- Local churches that offer food hamper
- Faithful friends (FB)
- Local councils- free activities
- Library- rhyme time
- Playgroup association
- Local GP
- Counsellor -(hardship grant)

CPC Centres

- Playgroups
- Child health nurses
- OT
- Workshops

Make friends with

- Centerlink social workers
- Accommodation services
- Other CM's that have something that will better your client's life
- Parents next service



Young Parent Support Service



Resources for parenting information

- <https://raisingchildren.net>.
- <https://professionals.childhood.org.au/bringing-up-great-kids/>
- <https://www.circleofsecurityinternational.com/>
- <https://www.ngala.com.au/>
- Local Child health nurse
- Keep it real if you don't know – let's find that out



Other Discussion Points...



Practical Strategies/Tips-

- Be you, be transparent, be honest, answer or return their calls ASAP
- Plant seeds and water them- they will grow

Engagement/ challenges

- Send a reminder text morning of catchup accept reschedules life happens
- Catch up at park, office, home
- Support to appointments

Barriers

- Look for them, talk about them and remove as many as you can
- money, cost of food (swap out nappies)
- Think outside the box I have no funds in my program

Independent Living-

- Exciting yet terrifying

Group Discussion Points

- What Resources, Supports or networks are currently available to support young parents in your community/region? *Library, Council, CPC, Playgroup association*
- What Challenges do you have supporting young parents? If you're having difficulty in engagement, *(sell yourself) Fear of judgement, anxiety about attending appointment (offer to go with them sit outside or offer to go in with them) isolation, mental health (I have sat at ED with a young mother until she was seen and admitted to mother and baby unit for support)*

Questions & Comments?



More Information & Resources



Links to Resources & Documents

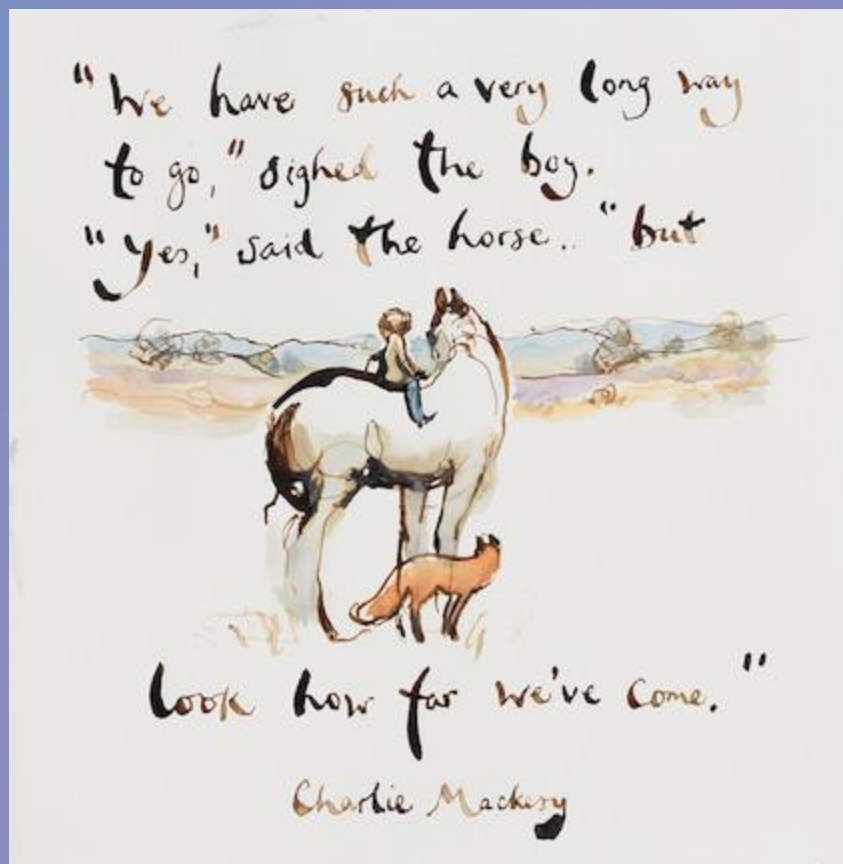
<https://www.anglicarewa.org.au/get-help/parenting-support/young-parents-support-service>

Email: young.parents@angliarewa.org.au

Mobile; 0438255247

- Recommended Training for Youth Workers
<https://professionals.childhood.org.au/bringing-up-great-kids/>
- <https://www.circleofsecurityinternational.com/>
- [Respectful relationship](#)
- [Positive parenting](#)
- [Infant mental health](#)
-  www.homestretchwa.org.au

Thankyou



www.homestretchwa.org.au