Let’s Start

Parent-Child Program

What Is the Let’s Start Parent-Child Program?

A therapeutically oriented group parenting program that:

- Supports children’s social-emotional development during the transition to school, strengthening school readiness and attendance
- Works with parents to develop their strengths and capacities in managing their children’s behavior, dealing with personal emotional difficulties and family problems.

Let’s Start Includes thorough community engagement and education, a 10-week parent child group Intervention program and a research and evaluation process.

Facts

- 24% of Aboriginal children aged 4-17 years are at high risk of clinically significant emotional or behavioural difficulties.
- The Northern Territory has the highest overall suicide rate of all Australian States and Territories with very high rates among the remote Indigenous population including young people.
- Northern Territory children score below Australian means on the Australian Early Development Index - a measure of childrens’ school readiness.
- Child protection notifications for neglect continue to rise in the NT’s Indigenous communities signalling an urgent need for prevention.
- Early Intervention reduces the risk of later mental health problems and psycho-social difficulties and improves performance at school.

Let’s Start Improves children’s functioning at home, at school, and with peers as well as establishing communication between parents and schools.

LET’S START
PARENT- CHILD

An integrated program focused on strengthening the wellbeing of parents and the development of children during the transition to school.

Contact Let’s Start: Associate Professor Gary Robinson:
☎ 0417890944
✉ gary.robinson@menzies.edu.au

Colin Baillie, Head of Development:
☎ 03-9483-4802 or 0437 295 629
✉ colin.baillie@menzies.edu.au

discovery for a healthy tomorrow
Overview

- Let’s Start is an integrated program focused on child development, early learning and parenting and on the wellbeing of both parent and child.
- Let’s Start helps parents to develop their understanding of children’s behavior and their ability to recognise their children’s needs.
- The 10 week program is for preschool and early primary school children and their parents, aiming to improve children’s confidence and attention.
- It is the only available parenting program specifically developed for Aboriginal parents and families with evidence for its effectiveness.
- Let’s Start is designed to be delivered in partnership with local indigenous community workers and has been successfully implemented in urban, rural and remote communities.
- Let’s Start has received expressions of interest in expansion of the program: From the Torres Strait, from Maningrida and Western NSW.

How It Works

- Let’s Start has facilitated referrals from over 40 urban as well as 8 rural and remote locations such as the Tiwi communities of Bathurst and Melville Islands, Nganmarriyanga in the Victoria Daly Shire and Jabiru in the West Arnhem Shire.
- It has involved community group leaders, community schools, preschools, community health care centres, childcare centres and child protection services to ensure that parents are supported in their different community contexts.
- Its flexibility allows it to align with the practices, policies and processes of these other organisations.
- Organisations that work closely with families and children are able to refer families if they have concerns about a child’s development, behaviour or other social-emotional problems and Let’s Start can help connect families to other services if required.

Let’s Start 2014-2018

Our aim is to extend the reach and impact of our work through a number of complementary strategies:

1. **Expanding Implementation:** Extending Let’s Start Parent-Child Program to Stronger Communities for Children Sites and other remote and rural locations

2. **Let’s Start 0-4s:** Let’s Start parenting and play groups for parents with small children 0-4 years.

3. **The Indigenous Parenting Resources Project:** Manuals, training resources & materials; videos on child development & parenting to support evidence-based practice.

4. **Indigenous Child Development Workers:** Professional development for Let’s Start Indigenous community-based workers.

“Developed over 10 years of experience working with Aboriginal Children aged from 4 to 7 years and families in remote and urban communities. The Let’s Start program works because it is responsive to culture, kinship and Aboriginal family values.”