

## Program Delivery

Let's Start is a supportive, therapeutic program for 10 weeks during school term

- Anyone with a child aged 4-7 years can attend Let's Start
- The parent and child are invited to attend the program together weekly for 10 weeks
- The group meets for two hours each week

Weekly sessions include:

- **Parent's Group** (one hour): opportunities for parents to talk and reflect on the challenges of parenting and the needs of their children
- **An Interactive Group** (one hour) fun activities promoting collaboration and enjoyment between parents and children. Session concludes with a shared lunch

Let's Start is based at the Centre for Child Development and Education at Menzies

- Group leaders are trained and experienced in working with children and families in remote communities
- Trained local community workers with language, community and cultural knowledge are part of the team

Let's Start is an evaluated program:

- Let's Start parents are asked to fill out questionnaires about parenting, wellbeing and the child's behaviour
- Teachers are also asked to fill out questionnaires about the child's behaviour at school:
  - At the start of the program
  - At the end of the program
  - Six months after the program finishes

## Referrals to Let's Start

Teachers or other service providers who have concerns about a child or parent may provide information about Let's Start to the family directly; or contact Let's Start, either in Darwin or through the Community Coordinator, to make a referral. Let's Start provides briefings for community practitioners and providers and participates in joint management of care and support if appropriate.

## How to attend Let's Start

If you or someone you know would like to know more about Let's Start, contact the Community Coordinator during visits to your community or by phone or email.

Phone: (08) 8943 5034

Email: [letsstart@menzies.edu.au](mailto:letsstart@menzies.edu.au)

Mobile (Vic-Daly): 0419 976 033

Mobile (Tiwi): 0407 604 167

Human Research Ethics Approval Number: HREC-20111606.  
For information on ethics contact: (08) 8922 7922



# Let's Start Parent-Child Program

A targeted early intervention program to help parents and young children deal with emotional and behavioural challenges



## What is Let's Start

- The Let's Start Parent-Child Program is a therapeutically oriented group parenting program that focuses on supporting children's social-emotional development during the transition to school
- Let's Start works with parents to develop their strengths and capacities in managing children's behaviour by:
  - promoting reflection on their children's needs and experience
  - supporting them to engage with their children in collaborative play and learning
  - Let's Start draws on a number of approaches to child development and parenting, including social learning theory, attachment theory and family systems theory
- Let's Start is evidence-based. It is the only available parenting program specifically developed for Aboriginal parents and families with evidence for its effectiveness. The program has been developed over years of experience in work with Aboriginal children and families in both remote and urban communities. It is responsive to kinship, culture and Aboriginal family values.
- The program has an integrated focus on child development, early learning and parenting and on the emotional wellbeing of parent and child.

## Aims of Let's Start

- The program aims to improve parenting knowledge and skills, and to improve parental confidence, self-efficacy and mental health
- To enhance the quality of parent-child relationships by helping parents to understand and respond to their child's experience, both by sharing with other parents and through enjoyable interactions between the parents and their children
- To improve children's functioning at home, at school, and with peers
- To build communication between parents and schools

## Working Together

- Let's Start works with community schools, preschools, community health care centres, childcare centres and child protection services to ensure that parents are supported in their community context
- Let's Start aims to align with the policies and processes of 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
- Let's Start can help connect families to other services if required
- Local community group leaders help to ensure the program is adapted to the needs of families in each community

