

Pre-admission & Meetings

A meeting will be held with your family prior to commencing the program.

At the pre-admission meeting staff will:

- Discuss the program contents
- Discuss your concerns
- Observe you interacting with your child, usually involving video taping
- Assist you to complete a Depression, Anxiety and Stress Scale (DASS) assessment
- Assess your existing social networks
- Document Family Health details
- Develop a care plan to address your goals for the program

On completion of the program staff will:

- Discuss feedback and evaluation of the program with you
- Review your family's goals and discuss future strategies
- Assist you to complete a Depression, Anxiety and Stress Scale (DASS) assessment
- Observe you interacting with your child (again using video is useful)
- Re-assess social networks and linkage to community services

Referral Process:

Your family can be referred to the PlaySteps Program:

- By your Maternal and Child Health Nurse
- Through your GP
- By your Social Worker
- Via your Family Support Worker
- By a Child Care Worker
- By staff who have worked with you on other QEC programs

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What is the PlaySteps Program?

- An 8 weeks group program to build parenting skills with the emphasis on learning through play.
- A program designed to improve parent-child interaction by assisting you to develop a positive relationship with your child.
- An opportunity for you to access group education and one to one coaching to support you in your parenting.
- An informal setting for parents and families to build a network of support.
- A program designed for you to gain practical skills whilst having fun with your child/children.

Why is the PlaySteps Program useful?

- Promoting and strengthening the relationship between you and your child/children helps you enjoy parenting and strengthen family relationships.
- The attachment relationship is important in making your child more resilient and improving the health and developmental outcomes for him/her.
- Research shows that infants who receive sensitive and nurturing care as they grow are more likely to have positive relationships with others in later childhood.
- Studies show a strong link between the quality of parent-child interaction and the competence of a child as he/she develops.

What will we do at PlaySteps?

- Actively participate in play sessions with your child – notice how they communicate with you and how you respond to them.
- Watch video footage of play sessions with your child and receive feedback and guidance
- QEC staff will provide one-to-one coaching to support you as you try out new skills.
- Discuss information about your child's development in group education.

Staffing of the Program:

A team of three QEC staff work with you and your child during the 8 week program.

The QEC team has extensive experience in child development, parenting education & support. As well as helping you to meet goals you set for you and your child during the program, staff will be able to assist you when you need to access further services including paediatric assessments; groups in your own community; or counselling services.

Who is the PlaySteps program for?

This program is designed to accommodate families:

- with children under 3 years old
- who want to improve their relationships with their child/children
- who want to work together to build on their child's social and emotional development
- where other issues (e.g. prematurity, illness, limited family support) are affecting the quality of parenting

Program Frequency:

Noble Park

- Groups are held weekly for 8 weeks
- Each session will be 2 hours duration
morning or afternoon tea will be provided
- Groups will be age appropriate – one for each age range:
 - Toddler Group: 12 months to 3 year olds, 9:30am-11:30am
 - Infant Group: 0 -12 month olds, 1pm-3pm

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