

Parenting Plus Home Based Program

After you have been referred to the *Parenting Plus* program by an agency worker, you will progress through the following stages if you decide to participate:

The first meeting QEC's professional staff will arrange a meeting in your home. With your permission they will also invite the agency worker who referred you to *Parenting Plus*. At this meeting you will learn more about the program and how it can help you.

Identifying your needs Early in the program, your assigned *Parenting Plus* case worker will assess your parenting style to identify those areas where you need further guidance and support.

Developing your parenting skills Your *Parenting Plus* case worker will tailor learning programs to your specific needs and will work with you to develop your parenting skills.

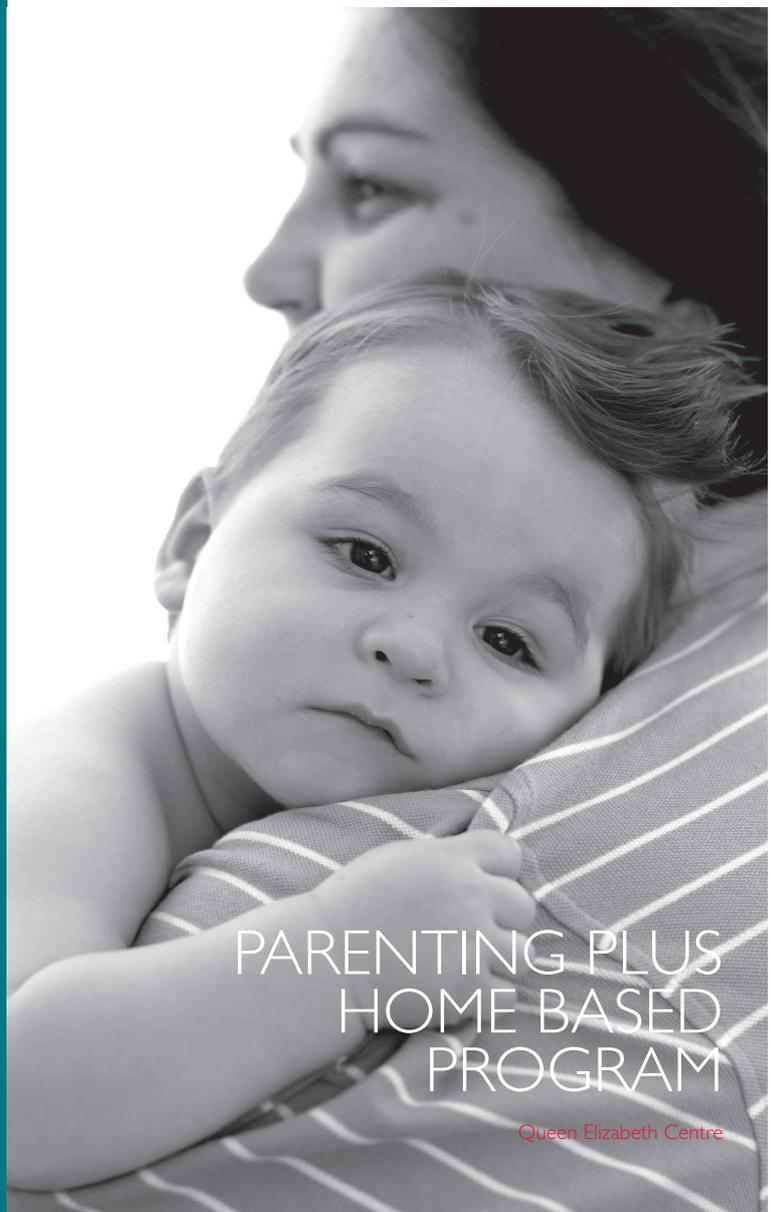
Discharge meeting At the final meeting, your *Parenting Plus* case worker will discuss your achievements throughout the program and identify any ongoing support you may require.

The agency worker who referred you to *Parenting Plus*, your Maternal & Child Health Nurse and other relevant agency or support workers may also be invited to this session.

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PARENTING PLUS
HOME BASED
PROGRAM

Queen Elizabeth Centre

QEC – providing your family with the best start

Are you worried about your child's behaviour? Do you want to get more enjoyment from parenting? Are there issues affecting your ability to care for your child?

You are not alone. Every year thousands of people across Victoria turn to QEC for support, education and advice.

QEC is a family centre dedicated to helping parents manage the challenges of early parenthood through a range of day stay, residential or home visiting programs.

Our early childhood and healthcare professionals understand the difficulties confronting you at this vulnerable time and will help you to provide the best start possible for your child.

Parenting Plus Home Based Program

Parenting Plus is an intensive home-based skills development program for parents of children aged between 0 and 4 years.

Our staff will visit you and your family in your home over a nine-week period. During this time, they will work with you to develop your parenting skills and to build the confidence to nurture and protect your children.

How does *Parenting Plus* work?

Assessing your parenting style:

QEC's early childhood and healthcare professionals will work closely with you to identify your parenting strengths and difficulties. This part of the program will take about two weeks.

Strengthening your parenting skills:

Over the following seven weeks your QEC *Parenting Plus* case worker will help you to develop and strengthen your parenting skills.

Planning for the future:

At the end of the *Parenting Plus* program, your case worker will discuss your progress and assess your new skills. They will also introduce you to local services in your area that can provide you with ongoing parenting support.

