

**FAMILY SUPPORT**

# Early Childhood Coordination Support

## For Referrers

Do you know a family who could benefit with some support with connecting with early childhood education, health and development services?

Anglicare Southern Queensland's Early Childhood Coordination Program at Cooloola might be able to help.

Our Coordinators help families to build on their strengths and address any barriers they may be experiencing from accessing support. We guide and support families and their children to access playgroups, early childhood education and care, kindergarten and schools.

### Objectives of our program

Some of the key objectives that we can help families with include:

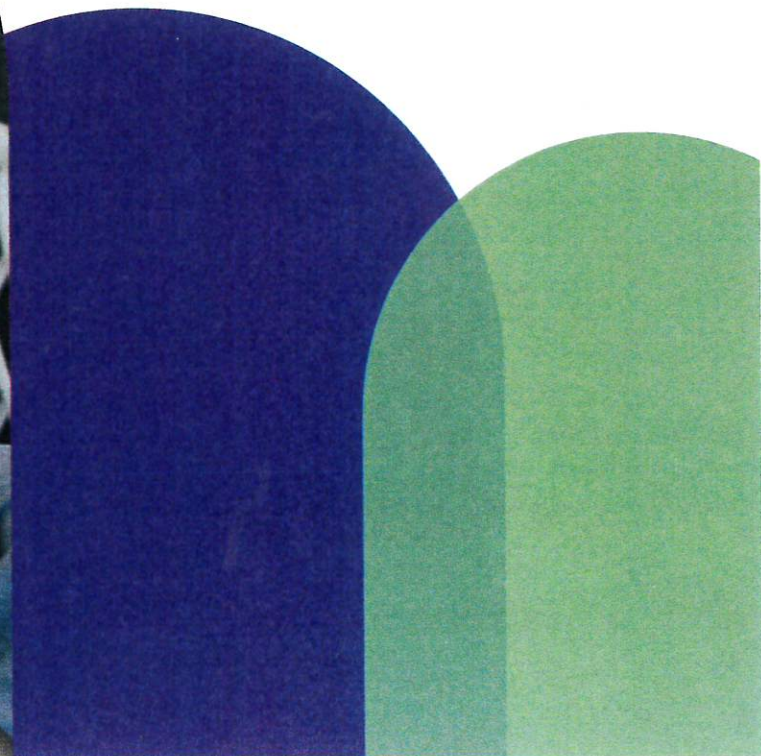
- Providing them with support and learning opportunities
- Empowerment
- Facilitating community engagement and capacity building
- Enhancing access to programs and engagement
- Supporting positive transitions
- Strengthening collaboration and coordination
- Building positive cultural responsiveness.

### For more information or to get in touch

If you would like some more information about our Early Childhood Coordination Program, please reach out to our team at Cooloola on:

**T:** (07) 5482 9012

**E:** [mhfw@anglicaresq.org.au](mailto:mhfw@anglicaresq.org.au)



# Our Parenting Programs

For more information, to refer, or register, please contact 1300 114 397. Self referrals welcome.

## Circle of Security (for children aged 4 months to 8 years)

This relationship-based program helps parents understand their child's emotional world and develop stronger, supportive connections. It guides parents in addressing their child's emotional needs and teaches strategies for managing challenging behaviours. By focusing on recognising and responding to emotional cues, parents can help their children build confidence, self-esteem and emotional regulation.

## 123 Magic Parenting Program (for children 2-12 years)

A gentle, yet firm, approach to behaviour management. The 123 Magic program breaks down parenting into three simple steps: managing difficult behaviours, encouraging appropriate behaviours, and strengthening the parent-child relationship. Parents learn how to set clear limits, reduce power struggles, and focus on developing positive behaviours while maintaining a warm, supportive environment.

## Bringing Up Great Kids (for children 0-12 years)

This mindful, reflective program helps parents improve their communication and interactions with their children, fostering positive, respectful relationships that support children's development and identity. Bringing Up Great Kids encourages parents to examine their own behaviours and learn strategies to enhance their connection with their child. The program promotes positive identity development and strengthens the parent-child bond during key early years.

## Bringing Up Great Kids in the First 1000 Days (for expectant and new parents)

This mindful, respectful and reflective program supports expectant and new parents during the critical first two years of their child's life - the "First Thousand Days." It helps build positive, nurturing relationships with the baby and other caregivers, promoting emotional security and attachment. Parents focus on their own parenting journey in a safe and non-judgemental space, developing the skills needed to support both themselves and their baby through this transformative period.

## Peaceful Parents

Based on mindfulness and positive psychology, this program is designed to help parents build resilience, reduce stress and enhance their overall enjoyment of parenting. Peaceful Parents offers practical strategies for managing parenting challenges, promoting self-care, and fostering wellbeing for both parents and children. It emphasises strength-based mindful parenting and supports parents in building resilience in themselves and their children.

## Parenting Support

Tailored to meet the unique needs of your family, this one-on-one support helps parents set and achieve goals related to behaviour management, relationship-building, and child development. Our team works closely with families to create routines, improve wellbeing and address any challenges while offering advocacy and assistance in connecting them with schools and kindergartens. We provide practical strategies to enhance family dynamics and navigate the complexities of parenting.

**All of our parenting and support programs at the Cooloola Child and Family Centre are free. For more information, please call 1300 114 397 or contact our service, directly on 5482 9012. We are located at 101-103 Duke St, Gympie. We look forward to supporting you.**

