

TOOLBOX PARENTING PROGRAM

I attended the Toolbox Training Day at St Hilary's Anglican Church Kew recently and was very impressed by the way the 2 Trainers from New Zealand helped us through the training. They were bright and friendly and presented themselves as ordinary people not necessarily experts but there to help us as trainers and parents discover a box of helpful tools encouraging parents to take a tool, try it and adjust it for their parenting. They had good use of humour which they encourage you to use to help parents relax and enjoy.

Each session has a warm up activity, content from a video, group interaction, and reinforcement by wrap ups, quotes, and hot tips. There are 3 levels: Early years, 0-6; Middle years, 6-12; and Teenage years, 12+.

They talk about the 4 types of parent: the Sergeant Major, the Jellyfish, the Neglectful/Too Busy parent and the Backbone Parent-Coach. This is helpful in discovering family patterns and in setting up goals for your family. They look at things like helping children deal with their feelings, they have tools for engaging children in co-operation, identifying and sharing your values with children and many more. Beth Barnett from St Hillary's took the 0-6 years, sessions as she has run one of these courses in her church. I can recommend this course and am looking forward to trying it in my own church in 2006. Chris and Beth Barnett hosted the training. Their details are: chrisb@shack.org.au or 9817 4513

The program was begun by Parents Inc (www.parentsinc.org.nz) and is now set up in Australia by Kim and Rae Rodda from Confident Parenting in Queensland. They are trained facilitators in each of the three age groups. Confident Parenting is the Australian distribution centre for Toolbox material. Contact details for Kim and Rae are:

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