



Keeping in Contact

Issue 3

April – May – June 2010



Where Kids Come First

Harmony House - Cotton Tree
Caboolture - Hervey Bay
Robbie's Place - Gympie

If someone feels that they had never made a mistake in their life, then it means they had never tried a new thing in their life...

Einstein

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Good Kids in Tough Times: Discipline After Separation

How easy can discipline be if dozens of books are written about it every year? Add the complication of separation, and the temptation can almost be to throw up our hands.

Having no such good sense, we offer here a few thoughts.

It's doubly important now to remember that discipline isn't punishment. A good clue is that "discipline" shares a common origin with "disciple" (disciplina—Latin for "teaching").

Children are raw and their hearts broken by all the losses that go with their parents separation. And these losses aren't one-time events for children, but Instead lifetime losses. It's time to be gentle

Your children probably don't need more pain. They likely need:

a return to orderly routine in their lives, a chance to speak over and over about their hurt, understanding from everyone who can give it—and, most important, from their parents, reassurance that things will be better—backed up both by what you say and what you do, courteous interaction between their parents, even if there are disagreements yet to be worked out.

Children's misbehavior always has a strategy, and it will help if parents can slow down and decode that strategy. Do your children feel they have an alternative to acting out to stop fights between their parents? Do your children feel they have some way besides acting out to take your minds off your troubles or quarrels with each other? Do your children feel they have some way besides acting out to express their deep hurt, anger, and worry? Do your children feel

they have some way besides acting out to see if their parents can be a united form?

Probably no parents are at their best during breakups.

Children aren't the only ones who need extra attention, the chance to slow down, and the ability to picture a better future. Parents are good disciplinarians (teachers) when they are self-disciplined (emotionally wise). Are you taking care of yourself, reaching out for whatever help you need, and setting reasonable expectations for yourself?

It bears repeating that many children in modern society suffer from A.D. (Admiration Deficiency). Overwhelmingly, children misbehave for the same reason adults misbehave: they don't feel valuable or valued.

Are your children hearing at least five compliments about them from you every day? *Do your children hear their parents saying good things about each other? (Remember, there is no way to successfully admire your children if you are running down their other parent.) * Most children feel embarrassed, sad, worried, and even personally responsible for their parents' separation. Could this be the perfect time to turn up the volume on your admiration of them? * Few children (or adults) try to sink a boat that's holding them up and that's filled with people who let them know they are glad to have them onboard.

Try admiration and gentleness with yourself and your little treasures.

Charlie and Barb Asher
www.uptothe.parents.org



Kids say

An exasperated parent, whose son was always getting into mischief, finally asked him "How do you expect to get into Heaven?" The boy thought it over and said, 'well, I'll run in and out and in and out and keep slamming the door until St Peter says, 'For Heaven's sake,

Dylan. Come in or stay out!'

...

One summer evening during a violent thunderstorm a mother was tucking her son into bed. She was about to turn off the light when he asked her with a tremor in his voice. 'Mummy, will you sleep with

me tonight?' The mother smiled and gave him a reassuring hug. 'I can't dear.' she said. 'I have to sleep in Daddy's room.' A long silence was broken at last by his shaky little voice: 'The big sissy.'

One of our male staff member's used to be in a band. ... Tambourine man !!!

If you want family members to be able to visit your children with you at a children's contact service, make sure their names are in the court orders

Grandparents

Grandparents will be given greater help to maintain links with grandchildren after family breakdowns through measures to be announced today, *January 18, 2009.*

The Federal Government will devise guidelines for Family Relationship Centres to ensure grandparents rights' are considered in dispute resolution sessions.

Attorney-General Robert McClelland will announce a four-pronged approach to enhance grandparents' rights in family disputes, building on legal reforms started in 2006.

These include a study by the Australian In-

stitute of Family Studies on the legal position of grandparents, as well as the production of information brochures, booklets and DVDs on the importance of children maintaining strong relationships with significant people in their lives, including grandparents (to be available at Family Relationship Centres and courts).

It also includes the development of guidelines for the national string of Family Relationship Centres to help counsellors advise grandparents affected by family separation, and an investigation into how court orders and post-separation programs can better ad-

dress the importance of grandparents and other extended family members.

Mr McClelland said the grandparent-grandchild relationship "can provide children with love, support and additional care, particularly during times of family relationship difficulties".



Management Matters

KIDS TIME

Please leave court issues and adult discussions at the door. Staff are here to support you in this. We will make time to speak to you – but not in front of your children. Please ask us for a review meeting or call us during the week.

Thank you to the parent's who have or are still attending the P5 Parenting Courses.

In term two the P5 courses will be available at Harmony House Cotton Tree and Caboolture.

P5 Parenting Program Promoting Pleasurable Parenting. Suitable for all families and cultures, parenting babies to adolescents. Supportive of women and men parenting together or independently.

Course Outline

This course runs over 6 weekly 2 hour sessions and will cover:

- Session 1: Why children misbehave
- Session 2: Confident parenting
- Session 3: Natural and Logical consequences
- Session 4: Communication: mainly listening
- Session 5: Positive ways to improve behavior
- Session 6: Optional extras

Times:

The course will run through the day or night according to need. It can also be run as an outreach in local schools.

Cost:

The cost is \$10.00 per person per session. Bookings are essential. Refreshments and hand-outs are included in the cost.

What's on your mind

PHOTOS—Previously photographs were not allowed at any of the Harmony House centre's. We now provide photographs free of charge to carer's on Mother's Day and Father's Day only. These photographs are taken at the centre and are laminated for you, at no cost to you. We are also able to laminate any art work that is on a A4 or A3 paper. You may like to put your hands and/or feet next to your children's and have it laminated for \$2.00. This can also be a great present for someone.

COURTESY BUS — A courtesy bus is out of reach as we are funded by The Attorney Generals Department and there is no money for a courtesy bus.

OFF SITE VISITS TO THE SUNSHINE PLAZA—Due to the inappropriate behavior of some clients visits to the Sunshine Plaza were cancelled, for Harmony House Cotton Tree only. Off site supervisions are to be within walking distance only. Ask the centre that you use to see where you can go.

DONATIONS—are accepted at any Harmony House Children's Contact Centre or phone 07 5479 6971. Donations over \$2.00 are tax deductible.

Cotton Tree Dates

1. Tue 27th Apr
2. Tue 4th May
3. Tue 11th May
4. Tue 18th May
5. Tue 25th May
6. Tue 1st June



Sunshine Coast
Family
Contact Centre

PO Box 571
Cotton Tree

Phone: 07 5479 6971

Fax: 07 5443 3686

E-mail: scfcc@bigpond.com



'Where Kids Come First' is the focus of our supervised contact and changeover service for children and parents. The residential and non-residential parents do not come into contact during changeover, which means unnecessary conflict between parents is avoided. Our Centres offer a safe, harmonious and neutral environment, where children can safely develop a positive relationship with their non-residential parent.

The Sunshine Coast Family Contact Centre is a children's contact centre which ensures the smooth changeover of children between separated parents and appropriate contact visits between children and their non-residential parents/guardians.

The service is for families who are in conflict and cannot arrange a mutually agreeable or safe venue for child-parent contact.

*Harmony House -
Funded by the Attorney Generals Department
Administered by Department of Families, Housing, Com-*

Where Kids Come First Charity

No.8/44/2801

Donations greatly appreciated. Donations over \$2.00 tax deductible

All contacts are by appointment only, please ring.

Harmony House Cotton Tree

Monday to Friday
9.00 am—5.00 pm
Saturday and Sunday
9.00 am—5.00 pm
P: 07 5479 6971
F: 07 5443 3686

Harmony House Caboolture

Tuesday and Wednesday
9 am to 4 pm
Thursday to Sunday
9.00 am to 5.00 pm
P: 07 5432 3720
F: 07 5432 3275

Harmony House Hervey Bay

Thursday to Sunday.
9 am to 5.00 pm
P: 07 4124 1681
F: 07 4124 2381

Harmony House Fees

Application Fee \$20.00 per parent
Changeover Fee \$5.00 per parent
Changeback Fee \$5.00 per parent
Facilitated Contact Fee \$25.00 per

hour (2 hour block)
Additional Hours \$35.00 per hour
Annual Administration Fee \$20.00
due 1st Sept each year
**fees may change at any time*

Robbie's Place Gympie

Friday 11.00 am – 5.00 pm and
Sunday 9.00 am – 5.00 pm
P/F: 07 5482 6953

Robbie's Place Fees

Outreach Service (partially funded)
Application Fee \$20.00 per parent
Changeover Fee \$5.00 per parent
Changeback Fee \$5.00 per parent
Facilitated Contact Fee \$25.00 per
hour
Additional Hours \$35.00 per hour
Annual Administration Fee \$20.00
due 1st Sept each year

**fees may change at any time*

Supporters of the Centre

Margaret Rimmer

Bernadette Farnell

Lisa Toomey

Pippa Coleman

Profile Print

Onebuild Constructions

Rhonjen Fancy Dresses

Courier Mail Children's Fund



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