



GUIDELINE

Groups for parents

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| Scope (Staff): | Community health |
| Scope (Area): | CAHS-CH, WACHS |

Child Safe Organisation Statement of Commitment

CAHS commits to being a child safe organisation by applying the National Principles for Child Safe Organisations. This is a commitment to a strong culture supported by robust policies and procedures to reduce the likelihood of harm to children and young people.

This document should be read in conjunction with this [disclaimer](#)

Aim

To ensure consistency in the delivery of groups for parents and caregivers.

Risk

Inconsistent service delivery and inefficient use of staff resources in the conduct of groups for parents and caregivers

Background

Research shows that parents who attended parent groups facilitated by community health staff demonstrated increased levels of social support and parenting confidence and high levels of parenting satisfaction.¹⁻⁴

Community health staff have an important role in facilitating groups to parents in community settings across Western Australia.

All parents are offered the Universal group schedule of four evidence-based groups at specific ages and developmental stages to support optimal child health and development. In addition, a further three Universal Plus groups are available to those with specific needs. The identified groups are:

Universal

- [Early Parenting Group](#)
- [Solid Start group](#)
- [Triple P – Level 2 Seminar Series](#)
- [Kindy Talk](#)

Universal Plus

- [Let's Sleep](#)
- [Triple P – Level 3 Discussion Group and Level 4 Group](#)
- [Circle of Security – Parenting](#)
- Groups to meet a targeted need in local areas

Key points

- Community health staff facilitating parenting groups should attend group facilitation training as provided by their organisation.
- Groups to meet specific targeted needs which are developed locally are to have clearly defined aims, target audience and plans. Prior endorsement by the local manager is required.
- Groups for parents may be presented in alternative formats, especially for those in rural and remote areas or during times where there is an organisational requirement (i.e. COVID).
- Clients may attend groups outside of their region/area if desired, available or more convenient.
- All nurses will refer to the [Nursing and Midwifery Board AHPRA Decision-making framework](#) in relation to scope of practice and delegation of care to ensure that decision-making is consistent, safe, child and family-centred and evidence-based
- Clients will be booked into the group according to local processes.

Mandated attendance:

Some parents will be required to attend a group; particularly the Circle of Security-Parenting or Triple P groups, as mandated by the Family Court or Department for Child Protection and Family Support. When this is known in advance, the following strategies may assist in supporting the psychosocial issues these individuals may be experiencing whilst also ensuring the desired outcomes are met for all participants in the group.

- Where possible, triage/assess parents requesting these groups to determine suitability. Where resources permit, providing a one to one session may be a preferred option.
- Consider the use of co- facilitators where available or identify an experienced clinician to lead the group.

Process

| Steps | Additional Information |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Planning <ul style="list-style-type: none"> • Communicate relevant groups to parents verbally at the appropriate contact and distribute the promotional materials available for each group. | <ul style="list-style-type: none"> • Universal groups will be planned and scheduled in advance, in collaboration with line manager and colleagues and schools (i.e. provision of kindy talks). |

| Steps | Additional Information |
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| <p>2. Promotion</p> <ul style="list-style-type: none"> Use the standardised promotional material for each parenting group. | <ul style="list-style-type: none"> Approved promotional materials can be found on Health Point (refer to ‘Useful resources’ for more information). Display within community health sites, on community noticeboards or in school parent newsletter. Signage placement will enable easy client access. |
| <p>3. Venue</p> <p>Groups must be provided in venues that are suitable and take into account the following:</p> <ul style="list-style-type: none"> Sufficient space for multiple families and their equipment Meets occupational health and safety requirements (no trip, child safety, hygiene or other hazards) For safety and injury prevention it is recommended that hot drinks and food are not provided or supported. Accessible by public transport and sufficient parking Accessibility to IT systems/ technology when required (laptop, projectors, printers etc.) | <ul style="list-style-type: none"> Community health staff must consider parent, child and staff safety at all times. Room capacity should be assessed to ensure adequate space for all participants. Venues located in or near community hubs, where multiple service providers operate, can assist to link families with other local support services. It is recommended to discuss the rationale for not allowing hot drinks in the group setting with group participants, to encourage compliance. |
| <p>4. Group delivery</p> <p>Groups will be delivered according to the group facilitator guide by appropriately trained community health staff.</p> | <ul style="list-style-type: none"> Apply adult learning principles when conducting sessions. Adults bring life experiences and knowledge, are goal and relevancy oriented and self-directed learners. Offer attendees endorsed handouts. |
| <p>5. Recording and evaluation</p> <p>Use online Parenting Group Feedback forms – accessed from CAHS-CH or WACHS local intranet</p> | <ul style="list-style-type: none"> All attendees must be recorded according to local processes. When attendee details are entered onto an attendance form, this will be kept confidential during the group. |

| Steps | Additional Information |
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| | <ul style="list-style-type: none"> • The CHN will enter attendee details from these forms onto the relevant electronic data information systems at the conclusion of the group. • Attendance forms are an operational tool, not a client record, and therefore should not be retained. These forms will be securely destroyed according to local processes as soon as possible after the relevant client records are updated. • Nurses will follow approved CAHS-CH and WACHS processes for the evaluation of groups. • Facilitator to consult with line manager for results of evaluation and feedback |

Documentation

Community health staff will document the delivery of groups to parents according to local processes.

| References |
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| <ol style="list-style-type: none"> 1. Council AHM. National framework for universal child and family health services. Canberra; 2011 2. Hanna BA, Edgecombe G, Jackson CA, et al. The importance of first-time parent groups for new parents. <i>Nursing & Health Sciences</i> 2002;4:209-214 3. Scott D, Brady S, Glynn P. New mother groups as a social network intervention: consumer and maternal and child health nurse perspectives. <i>Aust J Adv Nurs</i> 2001;18:23-29 4. Commerford J, Robinson E. Supported playgroups for parents and children: The evidence and their benefits (CFCA Paper No. 40). Melbourne: Child Family Community Australian information exchange, Australian Institute of Family Studies; 2016 |

Related internal policies, procedures and guidelines

The following documents can be accessed in the Community Health Manual:
[HealthPoint link](#) or [Internet link](#) or for WACHS staff in the [WACHS Policy link](#)

[Drop-in session](#)

[Child Health Service](#)

[School-aged health services- primary](#)

[School-aged health services- secondary](#)

Useful resources

[CH Running Virtual Parenting Groups](#) (iLearn CAHS-CH only)

[Circle of Security- Parenting](#)

[Early Parenting Group](#)


[Kindy Talk](#)

[Let's Sleep](#)

[Solid Start](#)

[Triple P](#)

This document can be made available in alternative formats on request.

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