

What in the World is MU doing? ...

Parent Encouragement Program in Australia

The aim of our Parent Encouragement Program (PEP) is to encourage and affirm parents in the important job they are doing, raising their children to become independent adults, and to help them do it even better.

Our trained facilitators work through a structured program, in an open, informal manner, promoting discussion of family issues in a relaxed and friendly environment. They adapt the program to the particular needs of the members of each group they run.

The program has been designed for today's families in our Australian context. It encourages parents to examine various aspects of parenting, including parenting styles, child development, and discipline strategies and is designed to encourage and support parents in their important role.

The format of the program consists of discussion, small group work, multimedia presentation, personal reflection time and various other activities. It can be run as five weekly sessions, or adapted to a two day program.

Trained facilitators are available in most Australian Dioceses, and courses are run on request. Participants don't need to be connected to a church to attend, and anyone involved in childcare, both parents and grandparents, uncle or aunts will find the program relevant and helpful.

Course evaluations have shown that everyone attending has appreciated the course and gone away feeling their parenting skills have been enhanced.

