



HOPS — Hands on Parenting Support

The Hands On Parenting Support Program is for parents with babies or young children under the age of 5, living in the City of Manningham.



All parents need support at some time with the challenging job of caring for their children.

However not all parents have people around to help out. Doncare has trained volunteers that can offer support and practical assistance.

A Co-ordinator is available to support families and volunteers. Volunteers are provided with on going training and supervision. Positions in the program are limited and referrals may be prioritised.

How Can HOPS Help?

Parents using the program are often unsupported, anxious or stressed, isolated, have multiple babies, a number of children under 5, or illness or disability in the child or parent.

A trained volunteer visits the family for 2-3 hours per week, for up to 6 months. A HOPS volunteer will get to know the family and work with them towards their parenting goals. Some example of support that could be offered:

Practical attending medical appointments, going to the park, assisting with busy times such as feeding, playing with children while parents rest or do housework.

Emotional talking through parenting concerns, providing reassurance and support.



Outcomes

HOPS can assist parents to:

- ◆ Be more confident in their parenting role.
- ◆ Have a greater understanding of their child's development.
- ◆ Have a stronger relationship with their children.
- ◆ Be less isolated.
- ◆ Gain support from other parents in the community.
- ◆ Have a greater knowledge and use of local services.
- ◆ Have a greater knowledge and use of parenting information.
- ◆ Have healthier happier children.

Referrals

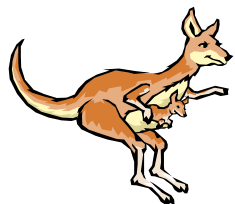
Referrals can be made by Maternal and Child Health Nurses, General practitioners, Social Workers, Early Childhood Educators and other community services. Parents are welcome to self refer.

Contact: **Freya,**
HOPS Co-ordinator
9841 4215



Volunteers

Volunteers must complete the HOPS Training, have a Working with Children Check and a Police Check, prior to being linked with a family.



Doncare is a not-for-profit community services organisation that provides services across all life stages.

Information and Emergency Relief

Social Support for Seniors

Family Services

Counselling

Opportunity Shops

8 Montgomery Street
EAST DONCASTER VIC 3109
Tel. 9841 4215
Fax: 9841 4281
www.doncare.org.au

**SUPPORT FOR
FAMILIES WITH BABIES
AND CHILDREN UNDER
THE AGE OF FIVE**



STRENGTHENING THE LOCAL COMMUNITY