



Positive Parenting Telephone Service

1800 880 660



**More support for
grandparents caring
for grandchildren,
fathers and rural
families**

ARE YOU A GRANDPARENT CARING FOR YOUR GRANDCHILDREN, A FATHER OR A FAMILY LIVING IN RURAL VICTORIA?

Would you like to develop your parenting skills and have a happier, smoother family life?

Parenting has the biggest impact on how well children do in life. However contrary to popular belief, people are not born knowing how to be good parents. Parenting is a set of skills that are learnt 'on the job' and, they can always be improved.

Gateway Health is trialling a parenting support program delivered via telephone or online **specifically** for grandparents, fathers and rural families from across Victoria who sometimes find it difficult to attend parent support services in person.

The Positive Parenting Telephone Service (PPTS) makes it easy to access a proven parenting support program delivered by qualified parent support workers from your home at a time that suits you – daytime, evenings and weekends.

PPTS will help parents and carers develop the skills to:

- build better relationships with your children
- encourage the behaviours you want to see from your children
- teach children to think before they act and to keep busy without constant adult attention
- teach your children new skills, to solve problems for themselves and know when to ask for help
- set family rules that are realistic and followed

Parents and carers will be supported by weekly telephone calls over 6 to 10 weeks. You can also participate in PPTS online - with or without telephone support.

The program is currently free to all grandparents caring for grandchildren, fathers and rural families from across Victoria.

The Positive Parenting Telephone Service can be contacted on 1800 880 660