



**Operating in the Penrith and Hawkesbury Local Government Areas, the Nepean Parenting Network aims to support mothers and fathers in their parenting roles and provide opportunities for them to identify areas where they need extra assistance. Parents in these areas often do not access mainstream services. These parenting programs work collaboratively with other organisations in the community to provide the best possible outcomes for local children and families.**

#### Target groups

The Nepean Parenting Network aims to work with parents of children aged from birth to nine years.

#### Service activities

This project provides parenting programs such as:

- Young Parents programs for parents aged under 21 in St Marys Penrith and the Hawkesbury
- Hawkesbury Young Parents Pregnancy Support Group
- Antenatal classes in the Hawkesbury
- 123 Magic and Triple P parenting programs
- Supported play groups in partnership with other organisations
- Groups and activities promoting early literacy
- Groups as identified by the community

The project also works with other organisations to form partnerships and networks that enhance community capacity building - the Refugee Coalition and Migrant and Refugee Children's Support, for example.

#### Outcomes

- Development of supportive relationships with others in the local community
- Improved parent-child interaction and positive parenting practices
- Increased parent confidence and self-esteem and satisfaction with their parenting skills
- Increased confidence in young parents to advocate for themselves, and improve their ability to plan, cope with life events and achieve their goals
- Decreased stereotyping in the community
- Increased knowledge and use of health and community services, resources and activities by participants
- Development of networks with other families
- Reduced fear and increased knowledge about childbirth and development
- Supported enhancement of children's development
- Improved networking and collaboration between agencies working with families with babies and young children
- Reduced social isolation
- Increased sense of community

#### Funding sources

The Department of Human Services – Community Services funds this project under their Families NSW initiative.

#### Mission Australia

Mission Australia is one of the nation's leading community service organisations, having helped transform the lives of individuals and families in need for over 150 years. Mission Australia's vision is to see a fairer Australia by enabling people in need to find pathways to a better life. We currently operate more than 550 community and employment services throughout metropolitan, rural and regional Australia, which provide:

- Pathways away from homelessness;
- Pathways to strong families and healthy, happy children;
- Pathways through a successful youth;
- Pathways to life and work-ready skills

#### Contact information

Nepean Parenting Network  
Bronte Child and Family Centre  
50 Gidley Street, St Marys, NSW 2760  
Telephone: (02) 96239199  
Fax: (02) 96230396  
Website: [www.missionaustralia.com.au](http://www.missionaustralia.com.au)

*"I would never have had the confidence to talk in front of people. Since coming to the Young Parents Network, I know I am a good parent and I want to share that."* - Young parent.