

Family Week 2019



BUILDING CONNECTIONS IN THE SPIRIT OF HOPE



RESOURCES
FOR PARENTS

Resources for parents

CatholicCare's theme for Family Week 2019 is Building Connections in the Spirit of Hope. This year's resources focus on the dynamic concept of Hope – how it can be celebrated and strengthened within families, within school or parish communities, and how CatholicCare programs contribute to the wellbeing and provision of hope for families of all backgrounds.

Hope and trust in the value of family bonds, motivated Norma Parker and Connie Moffit to travel to the USA amid the Depression of the 1930s, to learn new approaches to social work. Norma and Connie believed that removing children from their families and homes was not a solution to the social problems of the era and bravely challenged the practice of putting children in institutions. Thanks to Norma and Connie, families were offered a new kind of support. With the right assistance and safety nets from CatholicCare's predecessor, children remained with their parents and siblings; families stayed intact. This hope and professionalism laid the foundation for the work of CatholicCare.

Building connections between families and schools, parents and teachers, can benefit our children's learning and outcomes. Outstanding resources to assist may be found at:

- www.cem.edu.au/Our-Schools/Parents-as-Partners/Learning.aspx
Covers the connections between learning at home and learning at school, with a particular focus on "Social and Emotional Learning".
- www2.ceosale.catholic.edu.au/services-to-schools/Wellbeing.aspx
This introduction to the Diocesan School Services Wellbeing Model shows the links between school, parents and the wider community in developing resilience and capacity in students.
- <http://cspv.catholic.edu.au/portfolio-view/child-safety-and-wellbeing/>
On this page, Catholic School Parents Victoria provide a broad range of resources on child safety and wellbeing.
- www.ccam.org.au/page/109/caring-and-growing-together
A CatholicCare resource intended for the Summer Holidays, but containing ideas particularly for families including primary-school-aged children. It promotes togetherness, exploring and creativity.
- www.ccam.org.au/news/193/back-to-school-tips-for-parents
A CatholicCare resource on making school a positive experience for children. It may equally apply to a move to a new school, or even the return to school after the term break.
- www.ccam.org.au/news/203/what-is-happiness
An article for International Day of Happiness, the writer focuses on the quality of our relationships, and what we contribute to them, as the base for happiness.

The Psalms and the poetry of the Book of Isaiah repeatedly tell us of the benefits of trusting in God, even amidst turmoil. The Gospel of Luke (4:18) and the letter to the Galatians (5:22-23) show us that the Spirit of God turns us outward to seek the wellbeing of others rather than focusing on our personal security and comfort. May the Spirit of Hope inspire you and your family in 2019 as you build nourishing connections for yourselves and your community.

You can further help to build hope by sharing through your family and neighbourhood about CatholicCare's services for families in need.

Further information may be found at www.ccam.org.au/services