

WHAT IS THE PARENTING PROGRAM ABOUT?

PEEK is a parenting program designed for mothers in and from prison. Raising children demands an entirely different form of parenting as a result of prison - it's parenting under pressure.

Mums have often lost their identity, their dignity and hope of witnessing their children grow up in a safe and secure environment.

Children have often lost trust and security with their mother, cultural identity and sense of belonging in a family.

The effects of separation are traumatic on both the incarcerated mother and child/ren – inside the walls of prison parenting is both distant and the object of assessment.

On the outside (“free world”) parenting is much the same if welfare is involved.

This program works on an individual basis. The strategies are simple and they work.

Relationships with your children become richer and more comfortable, and your lives together more meaningful.

WHAT SERVICES ARE AVAILABLE:

The availability of these services depends upon your circumstances at the time.

- ◆ Liaise with Department of Communities and Child Safety for access visits with children.
- ◆ Liaise with area offices for access visits with children. This includes transportation & supervision for children to access visits and Friday playgroups in prison, and providing relevant feedback to Area Offices.
- ◆ Information, referrals and advocating to government, non-government organisations, schools and preschools.
- ◆ Coping strategies
- ◆ Prison visits
- ◆ Court support
- ◆ Practical support, such as Centrelink, transport, identification and accommodation.
- ◆ Counselling – one-on-one or family
- ◆ One day programs to build social networks and community connections.
- ◆ Visiting parents at home or meeting them elsewhere such as a shopping centre.
- ◆ Being contactable personally by phone.
- ◆ Helping parents develop an understanding of their child's developmental needs.
- ◆ Encouragement

WHO IS THE PARENTING PROGRAM FOR?

All mothers, carers of children separated from their mothers are welcome to take part in PEEK.

HOW CAN YOU BE REFERRED TO PEEK?

- ◆ Sisters Inside Workers
- ◆ Prison Staff
- ◆ Self Referral

Program to
Enable and
Empower
Kids

WHAT DO YOU GET OUT OF IT?

SISTERS INSIDE

- ◆ Confidence in parenting again
- ◆ Techniques in how to be sensitively responsive to your child
- ◆ Techniques to stay calm and mindfully aware when life gets tough
- ◆ Practical parenting support
- ◆ Rewarding relationships with your child/children and family
- ◆ Increased self esteem
- ◆ Sense of community connectedness

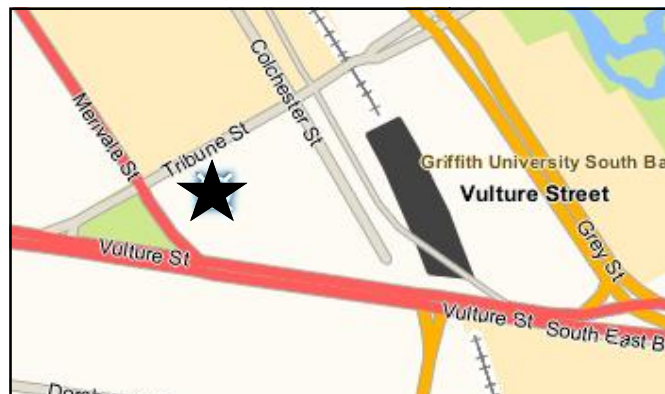


Australian Government
Department of Families, Community Services
and Indigenous Affairs

WHERE WE ARE

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Catch a train or bus to Vulture Street Station



SISTERS INSIDE INC



PEEK

Parenting Program