

Connect for Kinship Parents is a 9-week program to support kinship parents of pre-teens (ages 8 – 12) and teens (ages 13 – 16). Kinship parents meet in groups of 8 – 12 with two trained group leaders for 1.5 hours each week.

Connect for Kinship Parents is an adaptation of Connect®, a program co-developed over the last 12 years by mental health professionals and researchers in Canada, that has served 5000+ families. Connect for Kinship Parents focuses on the core components of secure attachment to promote children's social, emotional and behavioural adjustment. To meet the unique needs of kinship families, the program also helps caregivers understand the impact of trauma on children's behaviour in different relationships.



Growth Comes From Healthy Relationships



Kinship parents provide their children with more than just a safe home. They support children's social and emotional development through the experience of a nurturing relationship. There is good evidence that children in care are able to form secure attachments with non-birth parents, and that when they do, they are more able to thrive.

What Happens In A *Connect for Kinship Parents Group?*

Each session provides kinship parents with an attachment and trauma-informed perspective on parent-child relationships and child development. Parents watch role-plays, do exercises and discuss ways of responding to challenging situations. Handouts are provided after each session to help kinship parents apply the principles in relationships with their children.

Where Does Connect® Run?

Connect for Kinship Parents is being run by trained professionals in local community agencies in Canberra, as part of the Connecting Kin Research Project.



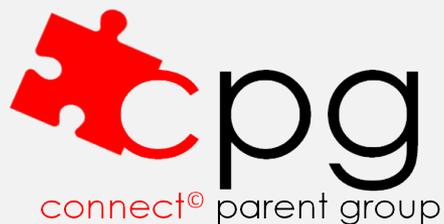
Research Participation

Past studies show that birth and foster parents enjoy participating in, and benefit from, Connect®. Importantly, their children improve in their social, emotional and behavioural wellbeing. Researchers at the ANU are currently conducting a study to evaluate whether a tailored version of Connect® may have similar benefits for kinship families. This research is partly funded by the Australian Research Council and is approved by the ANU Human Research Ethics Committee. All research participation is completely voluntary and all information is kept strictly confidential.

What Do Kinship Parents Say?

Kinship parents have expressed very positive feedback to date. After taking the group, carers report:

- That they found the role-plays helpful in showing them new ways to relate to their children;
- That the leaders have helped them feel positive and hopeful about their relationships with their children; and
- Feeling better equipped to understand their child.



*Interested In Learning More
Or Joining A Group?*



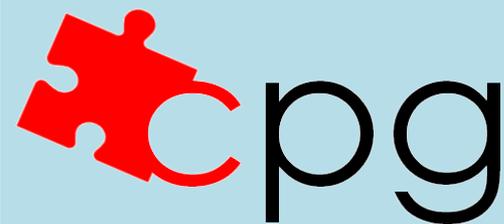
Contact the Connecting Kin Research Project team at ANU to learn more about participating in the evaluation study of Connect[®] for Kinship Parents

Phone: (+61) 2 6125 2067

Email: dave.pasalich@anu.edu.au

Or visit: connectparentgroup.org

All inquiries are completely confidential.



Connect[®] for Kinship Parents

**An Attachment-Based
Program to Support
Kinship Parents**



Information for Kinship Parents

