

Chatterbox fitness at HIPPY Pioneer



HIPPY Pioneer runs weekly activities for its families at the HIPPY family centre. The planning of these activities involves consultation with families and tutors.

For this particular activity one of the tutors, Karla McLeod – who is an accredited fitness instructor – took on the team leader role. She devised an activity – making chatterboxes; see photo above – that incorporated four of the five AEDI domains; she worked with our HIPPY families over two days.

Making chatterboxes in a group encourages sharing, creativity,

concentration and thinking. Decorating the chatterboxes with pencils, textas and crayons, and using the chatterboxes, gives children practice in fine motor control, which is an important step in learning to write.

Numbers, colours and fitness instructions are put onto the chatterbox by an adult. Colours, numbers and fitness instructions are used in a fun way to keep children active.

Using the chatterbox in a group helps develop children's social competence and *emotional* maturity, as each child learns how to get along with other children during this activity. The children learn the rules of the game and use self-control and patience while taking turns in choosing colours and numbers.

Communication skills are used by the children when an adult gives instructions such as, 'choose a colour' or 'choose a number' and asks questions such as, 'how does that exercise make you feel?' or

'what exercise did you like best?'. The questions can be asked of the group or of an individual child.

Each chatterbox has up to eight different exercises. The children take turns in choosing colours and numbers, which is part of active play.

This activity was ideal for the winter period as our temperatures here in Mount Isa can drop into the low single digits. Having outdoor activities in the sun that involved movement for everyone was well received and all families went home with the new skill of being able to make chatterboxes.

* Julie Hill,
HIPPY Pioneer Coordinator



Congratulations for HIPPY Pioneer's Deadly achievement!

HIPPY Pioneer of Mt Isa, Queensland has recently won a 'Deadly Award', which is part of NAIDOC week. HIPPY Australia congratulates HIPPY Pioneer on this wonderful achievement! Please see page 3 for the full story.



Brotherhood of St Laurence
Working for an Australia free of poverty

The Brotherhood of St Laurence is licensed to operate HIPPY in Australia. The Brotherhood is dedicated to an early-years strategy that encourages, supports and acknowledges the importance of positive parent-child interaction in enhancing children's learning.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government
Department of Education, Employment and Workplace Relations

National HIPPY Week

11–17 September 2011

Celebrating parents and carers as their child's first teachers!

National HIPPY week celebrates our wonderful program and the coordinators, home tutors, parents and children who take part in it!



Events to celebrate HIPPY are taking place across Australia. Please contact your local HIPPY Coordinator if you are interested in finding out about what is happening in your area.

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HIPPY Pioneer's Deadly achievement!

This year Centacare Mount Isa's HIPPY Pioneer program was entered into NAIDOC week's inaugural 'Deadly Awards' under the 'Indigenous Community Support Service of the Year' category.

On the night of the awards, 9 July, we were thrilled to be announced as the overall winners of that category. We were one of the only non-Indigenous organisations to be recognised for our service to the Indigenous community.

Our submission included short

stories from several of our mothers and tutors who spoke highly of the HIPPY program and the additional support they receive from other Centacare services.

Our local MP, Betty Kiernan, who is a HIPPY champion, is a regular visitor to our family contact days. She was thrilled for us as she has taken the program to heart.

Below are the stories written by two mums in our program, which accompanied our application and which I believe made an impression

on the judges. We are very proud of the outcomes we are achieving in our community and particularly of the mothers who continue to do the best they can for their children, under sometimes very trying circumstances. Please share our delight at our win and our family's contribution.

*Julie Hill,
HIPPY
Pioneer
Coordinator



Deadly Awards testimonials



Pictured: Anita Donaldson

My name is Anita Donaldson. I am a mother of three beautiful girls under the age of six and a proud Aboriginal woman born and bred in Mt Isa. I joined the HIPPY program to increase my children's potential in mainstream education. I have always been a hands-on, interactive mother, constantly encouraging my girls with new information – whether it be reading books, number games, ABCs, colours and animals. I have also found that HIPPY encourages self-confidence and language skills so the kids can express themselves

clearly. As a mother I am proud to see my children interact with others confidently.

A year on and in my four-year-old child's final year of the HIPPY program, I have become a HIPPY Tutor and a Centacare employee. I engage and interact with new mothers in the program who have the same aspirations for their children as I do.

Being an Indigenous tutor has been a positive experience with the HIPPY program. Inspiring and engaging with other Indigenous mums has been both challenging and rewarding as my confidence has increased along with my skills.

Centacare has given me the opportunity to work towards my future goals. Thank you especially to Julie Hill and Marianne Devine for this opportunity to succeed.

Hi, my name is Rebecca Page.

This is my second year in the HIPPY program. My first year I worked through the program with



Pictured: Rebecca Page

Eliy my son, who is now in Prep and this year I have Nadia, one of my girls, in the program. HIPPY has helped me learn things about how my kids learn and to prepare them for school. I am a busy mother with five kids, but have stuck with the HIPPY work. It hasn't always been easy for me but it has been worth it. I have also been involved with other Centacare programs and they have helped me too. I have found Centacare to be a big help to me.

A HIPPY Clarendon Vale story

The community of Clarendon Vale is located on the eastern shore of Hobart and is the home of a thriving HIPPY program. When it commenced in 2009, sign-ups were slow partly because families were wary of yet another new service. But then word started to spread that HIPPY is fun and a good thing to do with your child.

This community has a bit of a reputation. There's some criminal activity, high unemployment, substance abuse problems and family breakdowns. But that's not *all* this community is.

When our five tutors first started, they stood out. Even though they had multiple challenges to face on a daily basis with family and finances, they were eager to enter the workforce and make a difference in their community and their lives. And they have.

When our tutors started delivering HIPPY, they were nervous and unsure of their abilities. For some of them, this was their first real job and

they were so eager to do well. I remember that several of them felt unable to speak in front of a group and didn't believe they had what it took to help run a group meeting. But that has all changed.



Pictured: Di Brokenshire and home tutors Karen, Tash and Michelle

Our Home Tutors have grown from strength to strength and now seem like different people to the ones I first met. They now have the confidence to help run our group meetings and one tutor was almost successful in securing a part-time job with Colony 47.

These women are often one step ahead of the game and are thinking of what needs to happen next for

things to run smoothly. They don't mind going the extra mile for our program and I believe that their dedication to HIPPY Clarendon Vale has made it the success it is.

Everyone in this community knows about HIPPY and we are already receiving enquiries from families who will have a four-year-old in the next year or two. I truly hope this program is here to stay. It has changed the lives of so many families and has empowered mums and dads to become their child's first teacher. Many new friendships have been made and support networks have been secured.

To top it off, children who do HIPPY are way ahead academically and socially to those who don't. Entire families are better off, which means the community is better for it and that means everyone wins!

* Diane Brokenshire,
HIPPY Clarendon Vale Coordinator

Enthusiasm at HIPPY Moonee Valley parent groups

At our last parent group, our parents were so enthusiastic about making playdough to take home that they stayed back after the group had finished for the day.

Our structure this year is to have half an hour of experience with a child activity such as

- collage

- playdough
- making books
- playing music
- construction from household items.

During this time parents can participate with their children in the activities. The coordinator explains how to

set-up the activity cheaply and how the parents can support their child's learning through the activity. This is supported by laminated pages from the Woraninta Playgroup Resources, which explains how the activity can support learning and provides hand-outs for parents to take home.

* Jan Lansdowne,
HIPPY Moonee Valley Coordinator

HIPPY Bidwill on rebus recipes and reading

A HIPPY Bidwill rebus recipe

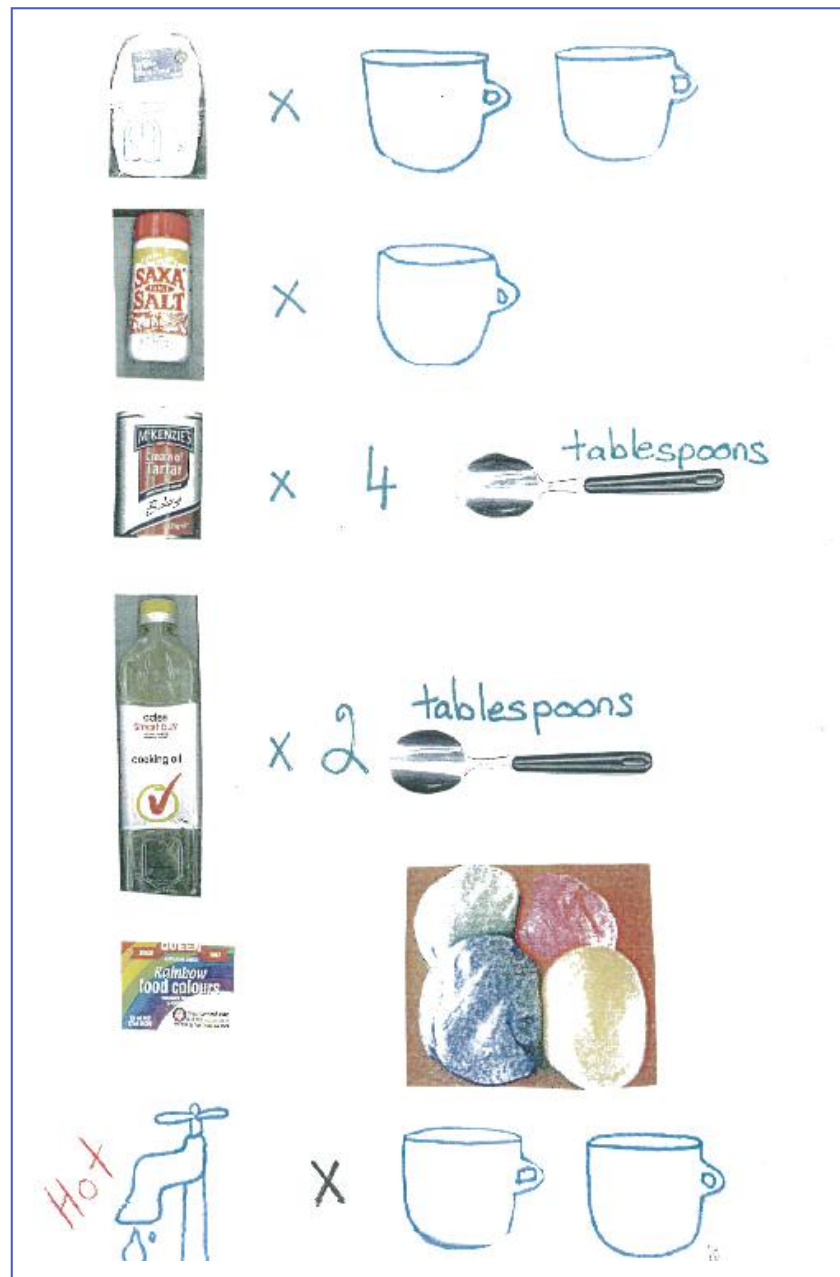
On 9 June at our parent group, held at the HIPPY Bidwill Centre, we had a fantastic idea that we put into action: using a rebus story, inspired by the HIPPY activities, to make playdough. Every parent who attended our parent group made their own playdough. By the end there were so many colourful balls of playdough! Best of all, each parent got to take their playdough home with them. This activity was a great way for our parents to interact, have conversations and get to know each other while having fun.

HIPPY book reading at child care

HIPPY Bidwill read the book, *Beware, Ducks Crossing* to two different groups of children at separate childcare centres (several of our HIPPY children attend these two centres). We luckily have a colour photocopier and enlarged the book to A3. We were then able to leave the book at the centre for the teachers and children to enjoy again.

Following the story reading we made 'stop and go signs' with the children, which they got to take home with them. Just so they remembered how to play the game at home we practised playing the 'stop and go' game with the children in a large group.

The staff at the two childcare centres gave us very positive feedback about our visits. One of the HIPPY children's carers came along and one of the home tutor's



children (twins) were there too. We were all very happy with the engagement of the children throughout the book reading, activity and game. The HIPPY children were happy about it too and proudly told their parents that the 'HIPPY people came to my preschool'.

We are hoping we can make this a regular part of our HIPPY program so

that connections between HIPPY children and parents, our HIPPY program and the early childhood centres that children attend can be built, maintained and strengthened.

* The HIPPY Bidwill team

Fun at HIPPY Katherine's Parent Group



A recent parent group at HIPPY Katherine proved to be a success. Our theme for the day was 'having fun with paint'.

Parents got to meet and greet each other. There was a great turnout, with 16 children and 10 parents attending – including one father. After a slow start to parent group attendance, this was a huge success for Katherine HIPPY. It was a jam-packed parent group before school holidays!

We welcomed new parents, said

goodbye to two families, played, told our HIPPY story, had fun painting and making cool caterpillars.

There was much joy and a sense of achievement as we took time to reflect on the last few weeks and how far families had come in getting into the HIPPY rhythm.

It was a superb morning, filled with fun, creation, giggles and happy sparkly faces.

*Lynn Luttig, HIPPY Katherine



A colourful experience at HIPPY Whyalla Stuart

My son, Jackson, has been enrolled in HIPPY since March 2011. I was very interested in HIPPY because I was looking for a creative, structured learning environment for Jackson to participate in. I wanted to give him the opportunity to learn and to prepare him for school.

During the past four months of HIPPY, I have noticed a large improvement in Jackson's counting, ABCs, reading and colouring in. He is very excited when we sit down to do our HIPPY homework, to the point where he talks about every activity and wants to colour in everything on each page. As a parent, it is really

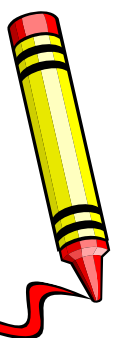


encouraging to see Jackson engage and eagerly participating in each activity.

Recently, Jackson participated in a colouring in competition, which was sponsored by NAIDOC week, and won first prize for his age group of 1-4 year olds. What a wonderful surprise to see Jackson awarded first place! I was very proud of Jackson's achievement, considering a few months ago he showed very little interest in picking up a colouring pencil. In my opinion, doing the HIPPY activities has given Jackson such a huge confidence boost and has set his self-esteem soaring. I am amazed at how far he has come in the past few months. Jackson's prize was a Target voucher, which perhaps we should spend on more textas and colouring books!

Jackson is very fortunate to be enrolled in the HIPPY program. I can see the benefits that Jackson has gained, in relation to building his learning and listening skills and overall communication skills. I am eager to encourage Jackson to enjoy his homework HIPPY time, and hopefully this will provide him with a solid platform to enjoy his school days.

*Katie, HIPPY Whyalla Stuart parent



HIPPY Mansfield Park's favourite parent group



HIPPY Mansfield Park has been having some great parent groups lately. One of the favourite topics was 'what to do in an emergency'. This was a suggestion made by a parent so we knew it would be a relevant topic that people would be interested in.

Parents were given handouts, which were explained, and then parents, children and HIPPY staff all spoke about who children could contact and how to contact them in an emergency. We discussed many options such as getting your child to tell another adult in the house, setting

up speed-dial on the home phone (and showing your child how to use it) and having emergency numbers in an area where your child can see them.

The community has become really involved and supportive. People have thought of helpful neighbours they could ask for help and some children had really interesting ideas. One of the children said, 'If Mum was hurt and my brother was at school I could go next door to the school and ask the lady in the front office for help'. Another child lives next to a deli and thought they could go and ask for help if something happened to mum while there weren't any other adults at home.

We suggested a 'trial run' and the parents of these two children went and visited the school and the deli and explained what they were doing and the community

responded really well. Both places said they were happy to help. Some parents work in local businesses and found out that people at their workplaces were happy to help out if any children needed it.

As you can see we have quite a list of local places that will help us if we need it. We also discussed that no-one should cross a road without an adult, so it is important to look for people who can help and are close by.

What fantastic ideas our children have and how great it is that our parents took their learning from the parent group and followed up with this during their own time. How lucky we are to live in a community where people are willing to offer so much help.

* Vanessa Wardle,
HIPPY Mansfield Park Coordinator

Tigger arrives at a HIPPY Logan Central parent group

HIPPY parent group meetings are always fun and the sounds of giggles and laughter often fill our auditorium.

On Thursday 28 July we had two very



special visitors attend our session: Uncle Barry Watson from Communities

for Children, and Tigger who came along to say 'hello', but who also stayed to sing and dance with the children.

The parents and children enjoyed the healthy morning tea that was provided and Uncle Barry updated us all on what programs are free for our families to attend within our local community.



Parents also had the opportunity to indulge in a relaxing hand massage offered by Sarah, the HIPPY Logan Central Coordinator.

The HIPPY tutors enjoyed meeting and chatting with families who they

had not met before. This HIPPY meeting had a very successful attendance due to the 'pick up' and 'drop off' taxi service that we had organised for our parents for this HIPPY parent group meeting session.

* Denise Hanny,
HIPPY Logan Central Home Tutor,
a.k.a. Tigger



Things are happening at HIPPY East Geraldton

On 15 June, the Child Australia HIPPY East Geraldton program hosted a fun day for the community of Rangeway and surrounding suburbs. Along with various organisations (Bundiyarra Aboriginal Community, Parenting WA, Geraldton Education Center and Playgroup WA), families were encouraged to engage in some family fun in a natural play environment in the local park. The sun was shining and the rain held off. Families and their children participated in crafts, had a go on the jumping castles and had their faces painted. Families participating in the HIPPY program came along to share their experiences of participating in the program. The morning culminated with



a large sausage sizzle. Children and parents went home with goody bags, which were filled with exciting gifts including homemade playdough for the children.

HIPPY East Geraldton celebrating NAIDOC week

During our second group meeting in Age 4, we celebrated and honored the Yamaji people. Parents attended a warm welcome to country by Ron Ronan. Wajarri was spoken and we were encouraged to repeat a few words, leaving us all a little more cultured than when we arrived. It was a fantastic opportunity for us to learn about Ron's community. The children made their very own clap sticks, just like in the story of *Merinya and Nupia*, which happens to be our new book. Once the craft session was over, there was glitter and paint everywhere. The children had an enjoyable morning.

HIPPY East Geraldton at Scitech

We had the pleasure of visiting the Scitech and discovering and using our

senses throughout the morning.

Children were able to guess smells in little pots and match them to the right picture. There was an igloo where some children enjoyed making shadows out of various ocean animals, while mums and carers made-up stories as the shadows appeared. Other children preferred to make different sounds while others chased cars down five strips with different coverings (from smooth to rough). Mums marvelled at how much their little ones were absorbing all these new experiences. The lava lamp attracted the youngest members of our group, who were mesmerised by the bubbles floating up and down.

Two stories concluded the session, children were encouraged to dance and move to the tune of 'Old MacDonald Had a Farm'.

It was a lovely event, one that brought us together as a group. Being a new site, we all benefited from this.

* Kelly Dowse, HIPPY Coordinator

A busy time at HIPPY Bowenfels

It's been a busy time at HIPPY Bowenfels with the introduction of new team members and our ever-expanding number of families reaping the benefits of HIPPY!

HIPPY Bowenfels would like to introduce their new team comprising of Co-ordinator, Leanne, and five amazing tutors – existing tutors Cindy and Belinda and our new members, Sharee, Juliane and Kim, who are working collectively with 55 families on their HIPPY journey.

The tutors are working extremely hard to keep their families on our projected timeline, which corresponds with our parent groups which are held fortnightly in two locations: Lithgow and Portland.

Enrichment activities identified by the families have been explored (supported



Pictured: (left to right) Leanne (the Coordinator), Juliane, Kim and Sharee enjoying tutor training in the lovely Lithgow sun!

by our partner agency, Centacare Bathurst) with a focus on community capacity-building activities that enrich lives.

Our dads have become an important part of HIPPY and, while in our local area they are often silent and at times invisible, the feedback has been positive about their interest and interaction.

Interestingly, one child commented to their mum, 'I think this might be too hard for Daddy', but amazingly dad was able to complete the week's activities, much to the child's delight!

It's an enjoyable time that allows dads to share this unique, interactive program with their child; thereby making them truly grateful to be part of the HIPPY family. The interaction is immeasurable and their relationship grows into one of mutual respect, care and understanding.

The silent dads are to be commended for their enthusiasm, commitment and courage as they tackle HIPPY and embrace the learning journey they are taking with their child.

Three big cheers for DADS!

* Leanne Walding,
HIPPY Bowenfels Coordinator

Exciting times at HIPPY Caboolture!



Pictured: HIPPY Caboolture Tutors receiving their training certificates, Kylie B, Mel and Kylie C

What an exciting time it has been for HIPPY Caboolture!

The three HIPPY Caboolture tutors and I attended HIPPY training at the Caboolture TAFE in the first week of July. The two days were filled with more understanding of the HIPPY way and it was a great team bonding experience! We all could not wait to visit our families and deliver week 1.

The tutors have been doing a wonderful job meeting their families at their

homes, in parks and at the local McDonalds. Our families love the HIPPY experience! I am enjoying reading the feedback sheets each week to see how HIPPY has changed their lives; for example, a child learning to enjoy reading, and parents finding it easy to generalise the activities into their every day life.

We also had our first parent group and the judging of the HIPPY boxes. We encouraged our parents to decorate their HIPPY boxes with their



Pictured: One of the HIPPY box winners

children – some parents let the children lead the designing and other parents let their own creative juices flow! All the HIPPY boxes were wonderful and it was very hard to choose six winners out of 39 families!

Today was the EKKA holiday for our area so we decided to have our parent group at the local community Family Fun Day. The tutors and I made flower power wrist bands so everyone could tell that we were together and off we went to line up for show bags, rides, jumping castles and of course face painting! It was a great day and wonderful to go as a group and get out into our local community!

Until next time ...

* Cathy and the HIPPY Caboolture team

Getting started at HIPPY West Tamworth

It has taken a little longer than I had hoped, but we are now visiting families and have had our first group meeting. Those who attended had a great time and there was lots of laughter and smiles! It is a pleasure to get feedback saying that the children and parents are really enjoying the activities. Our first newsletter, 'The HIPPY Chat Box' has been delivered to all our families and we will continue to produce this newsletter each month.

A few words from our tutors

Hi, my name is Jess, I am one of the tutors for HIPPY West Tamworth. I have two children, Samantha (4.5 years old) and Aaron (2.5 years old). Samantha and I have really been enjoying our HIPPY time together doing activities in the pack and learning together. I have been having a ball in my role as Home

Tutor to other families in the program. I am really enjoying meeting the families and developing the parent-child relationships around education. In these first few weeks of the program we are all learning new skills and sharing ideas. As we go on, get to know each other and learn the skills, HIPPY will become a fun part of our lives with our children. I look forward to getting to know everyone and using HIPPY to enrich our children's development.

Hi, I am Mila. Being a Home Tutor for HIPPY West Tamworth has given me and my 4.5-year-old son a lot of advantage. Afif and I work together happily doing the activity pack. The thing that I really like with the activities is that some of them are the practice of the theory that I have learned in my Post-graduate study in Education.

I have been enjoying meeting the families and sharing their ideas on early childhood issues, especially in relation to the HIPPY program. I look forward to seeing everyone with high interest for our children's readiness to go to 'big school'. We are happy doing HIPPY.

For National HIPPY Week we are planning to hold a fundraising activity and/or a morning in the park. These ideas were suggested by the families that came along to our parent group.

* Kim Smart, HIPPY West Tamworth



HIPPY Moreland children tell us about some activities

Maryam describes how she grew seeds

1. I took a clear glass so that I can see how the seed is growing.
2. Put some tissue paper first.
3. Then seeds (big seed not the small).
4. Wrote my name on the glass.
5. I took care of my plant by giving enough of water.
6. Kept it near the window so that it get sunlight as seed need sunlight, water and proper care to grow.

I want to grow more big, as well as small, seeds.

Maryam was so happy to show her plant growing and to describe how she planted it in her own words.

Her mum was very happy to see her child explaining to me and I was happy to see mum smiling.



Bilal also grew seeds, he said...



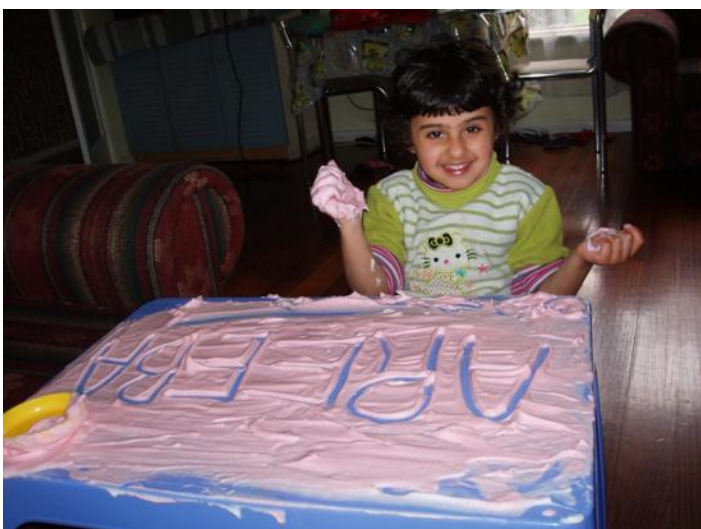
1. I took a container.
2. Put some cotton in it.
3. At first I put the seed then water it.
4. Every time I see I water the seed.
5. Light (sunlight) was coming from outside so I kept it near the window.
6. Plant grow big each day.
7. I was waiting for you to come and see the plant.

Amina from Age 5 created this from the useful box

1. Amina decided that she wanted to make a leaf and decorate it with items from the useful box.
2. First she drew a leaf on the piece of cardboard and cut it out.
3. Then she selected the items she wanted from the useful box.
4. Next she put glue all over the leaf and put the decoration on it.
5. Lastly, she placed it on her desk to dry.



Areeba learnt how to spell her name...



During a generalisation activity of connect the dots with shaving cream, from week 18 activity 4, Areeba had fun learning how to spell her name with the leftover shaving cream.

The HIPPY Moreland team tell us how it is!

'Wow we love coming to work!' This is THE best job. We get to do something every day that keeps us wanting to come back. We make a difference to the children and families we work with and we enjoy learning from each other and working together as the HIPPY Moreland team.

I can hear your scepticism, but let us say we know we make a difference because our families tell us and we see it. Also, professionals who work with the children in our program tell us. For example, 'HIPPY has made a difference to Zubair, as his words, expressions and vocabulary have improved amazingly'. We know it's HIPPY that is helping Zubair's mum to talk and play with him more and that this has influenced Zubair's new-found abilities with his words, expressions and vocabulary.

HIPPY Moreland is conducted in Melbourne's northern suburbs. We have five tutors who have all done HIPPY with their own children. The tutors come from very different backgrounds and family situations. Often HIPPY Moreland home tutors have to conduct their program in a language other than English so the parent is able to fully participate. At present we have 21 different languages spoken by families in the program.

HIPPY has become an integral part of many families' lives. One family told us they have to take their HIPPY box in the car when visiting friends, so if their son gets bored he can entertain himself with his HIPPY box! Even children in families who aren't HIPPY age are benefiting as their mums and siblings learn new skills. In one family the oldest boy is now writing the shopping list; mum wouldn't have known to get him to do this if HIPPY had not

encouraged her to get the children involved in real reasons for writing. We have a three-year-old whose elder sister is doing Age 5 HIPPY and he believes the Age 5 booklets should be given to him as he is home when the HIPPY tutor comes. Another tutor talks about how she kept hearing that it was important to read to children but it wasn't something she did much ... until now! Her children are now given gifts of books for birthdays and Eid (an Islamic festival) and all the family now love story time!

HIPPY offers lots of extension opportunities and we get so excited when we see families taking up these opportunities in everyday life. Some examples are:

- The mum whose daughter was struggling to understand what a circle was, so every dinner time she asked her daughter to 'find circles on the round table'. Her daughter found the circle plates, circle bowls, the circle on the top and the bottom of a cup. Mum was so thrilled!
- The child who wanted to cover their HIPPY box with things from their useful box. The child who made a leaf using their useful box. And the children who planted seeds and carefully nurtured them. All these children wanted us to share this with you and asked, 'Please take my photo for the newsletter!'

HIPPY Moreland conducts group meetings in the local childcare service. The director of the service has told us how she loves to hear the home tutors talking with the parents and children as they are so enthusiastic and willing to share their

skills with other mums. 'Why can't you take all the families we see into your program? We can see so much change with your mums and children!'

Kayenath tells us, 'The HIPPY program has aided me and my child to spend time together in a fun way while improving her learning. The HIPPY tutor is well equipped in delivering the content and I can work with it more comfortably with my child in the comfort of my home.'

Abigail tells us, 'Zubair has grown in confidence, is more outgoing and now talks a lot. HIPPY has opened a whole new world for my boy. As a mother I am very happy with the program and satisfied with its strategies applied in making it fun, exciting and very interesting for my children's learning. My little girl also gets involved in the activities and she loves every minute of it. I personally suggest HIPPY to all families English [speaking] or non-English [speaking] as you will definitely see the difference and it will make your child more confident in their daily life'.

As you can see, HIPPY reaches out to influence lots of families but it also works its magic here in the office. We love engaging parents and children in the joy of learning, reducing the social isolation of parents, and encouraging parents to understand they are the first educators of their children.

At Merri Community Health services the importance of HIPPY to families is recognised by all and many of the health professionals we work with are in awe of their colleagues (the home tutors) and the changes in them as they have travelled the HIPPY journey.

The HIPPY Rockingham experience



Pictured: Cameron from HIPPY Rockingham's Age 5 program gives us a big smile!

HIPPY Rockingham, established in 2009, is now in its third year of operation. Many personal journeys have taken place over this time. A few of the parents and tutors wanted to share their HIPPY experiences.



Cameron is one of our Age 5 children. His home tutor, Julie, shared the following story.

I have a little boy called Cameron in my Age 5 program. Earlier this year we had a storybook called *Daniel Makes a Friend* and Cameron was very inspired by this story. A few days after hearing the story a new boy started in Cameron's class – the teacher had told the children that he was coming. Cameron had his birthday party invitations and was inviting the whole class. He asked his mum if he could invite the new boy to make him feel welcome, so on the boy's first day of school Cameron was handing out his invites and the boy got a big surprise when Cameron went up to him with an invite.

He'd even found out the boy's name to put on the invite.

This story was inspired by the HIPPY book, which is about a boy befriending a new boy and making him feel really welcome. I thought this was really heart-warming.



Jodie Kirkham's son is in our Age 4 program

Ryan loves doing the activities each week. The activities help him develop the literacy skills that he will need both in kindergarten and beyond.

We first came across HIPPY in May 2011 while reading a local newsletter. I contacted HIPPY and a tutor contacted me for my first visit. She arrived with a box of supplies for Ryan – which he loved! She then went through the activity book. Ryan now looks forward to getting more activity books to work through.

It's great because the activities relate to the kindergarten curriculum. The activities are interesting and varied to keep Ryan's attention.



Victoria Nicoll's child is in our Age 4 program

Although we are only in week 4 of the HIPPY program we have already learnt so much and had lots of fun!

Teaching them something that they can use in every day life is a great way to spend time with your child.

It's also a great start for school and for everything else they have to learn.



Chloe Halligan is a Home Tutor and the parent of an Age 4 child

I enjoy being a HIPPY Home Tutor because it allows me the flexibility to work while my daughter (Samantha 4.5 years old) is at school. I also enjoy meeting all the different families. Watching their children grow and be excited about learning is great!

As a parent doing HIPPY I have found it fantastic. It has boosted my daughter's confidence and she loves learning. I have found we are doing basically the same as what she is learning at kindy, so it is wonderful to be able to strengthen her learning.

Rockingham home tutor reflects on her journey

The HIPPY program came along at the best possible time for me. After working full-time in pharmacy for 15 years, I found myself a stay-at-home mother with two beautiful children. Nappies, feeding, play time, weekly playgroups – I loved every minute (even if I was slightly sleep deprived with a new dependency on coffee!). But when my daughter turned three I started to wonder 'what' she should know and 'how' and 'what' to teach her.

One Wednesday morning at Ngala's parenting and play session (which I attended to get some advice on my six-month-old son's sleeping issues), I was handed a HIPPY brochure, I read it and thought, 'we could do that'. 'A home tutor giving me guidance and free resources? Why not!' So I rang the number on the brochure and what I got was so much more!

Becoming a Ngala employee and one of the first HIPPY home tutors in WA was the start of a new fulfilling career.

The HIPPY program helped me realise not only what to do, but why we do what we do in becoming our child's first teacher. I got so much out of this program not only as a mother but as a person! My daughter thrived during her HIPPY time, and this helped me deal with her behaviour – since baby brother was getting 'so much mummy time'. I learnt about organisational skills, time management, event planning and my self-confidence grew ... I could go on.

During my time with HIPPY I enjoyed all the initial Ngala and HIPPY staff training, HIPPY group training and group meetings and self-development seminars (and all the while I was getting paid for it!).

After my daughter and I graduated from this two-year program

I worked with Playgroup WA in setting up a local playgroup at my daughter's school and I was lucky

enough to get an opportunity to become a new business owner of a local business delivering the same great positive principals as HIPPY.

My business – The Sand Card Company – offers a fantastic sand art craft activity for all ages. With our purpose-built sand tables we attend festivals, school fetes and corporate events. We also offer take-home craft products to suit customers' needs. Our aim is to create colourful confident kids .

Joining the HIPPY Rockingham team gave me the self-confidence and belief to pursue my next adventure. I also made some great friends and created fabulous memories for myself and my children. I can't recommend it more highly, it has changed my whole outlook on my life for the better.

* Jo Bennett, HIPPY Rockingham, Home Tutor

Dad power at HIPPY Launceston!

HIPPY Launceston has a male Bhutanese tutor, seven dads and one grandfather doing HIPPY with their children. Rup Koirala, the HIPPY tutor, believes this is wonderful as in the Bhutanese culture parents don't think it's important to play with their children. Children play with children, not with adults. Many Bhutanese are unaware that play is learning for children.

These men's involvement in HIPPY is slowly changing their awareness of the importance of play. They are realising that, by doing fun activities with their children, their son's and daughter's school readiness is enhanced.

The men are very keen to learn and are always ready for home visits. There are lots of smiles and laughter as they take turns role-playing in group meetings. They enjoy the silliness of being a child or talking to another man as a child. They particularly enjoy the activities that involve movement. Leela, a grandfather in the program, has noticed that since starting HIPPY his granddaughter is more active: she is interacting more with things in the home environment.

It is truly inspirational to see the smile between father and son when jumping out the beat of work syllables or playing up and down.

Ananta wrote on the end of his enrolment form thank you for this program.

* Ann Smith,
HIPPY Launceston Coordinator



What HIPPY Claymore have to say about HIPPY



Our site in Claymore has a lot to say about HIPPY. Some of these comments have been collected and pasted above around a picture of a HIPPY Claymore Age 5 parent group meeting. This photo shows parents and children listening to Katrina from YWCA talking about doing big book reading and lots of art and craft.

Below are some stories collected from tutors and parents about their HIPPY experiences.

Jodi, HIPPY Tutor

I have only been with HIPPY for six months, but in this time I have learnt so much. There is nothing more rewarding than seeing a little face light up when they complete their activities. They are so excited and proud of what they have done.

To have a bond with these children is amazing.

They look forward to my visits and I look forward to seeing my families.

To me, HIPPY is just not about delivering the service, it's also about meeting new mums, dads, brothers and sisters. Being able to share the HIPPY experience with the whole family is priceless.

Cathy, HIPPY Tutor

What I love about HIPPY:

- working with my community
- understanding everyone's needs
- getting to know the parents and children I work with
- watching children learn
- learning and achievements
- seeing the smiles
- bonding between parents and children
- working together as a family
- watching parents' faces when their child achieves something new

- learning different strategies on how to work with all families
- Improving my driving skills
- learning administration skills.

Fiona, HIPPY parent

Since joining the HIPPY program it has helped my family grow so much. We are now able to help our children learn so much more with the tools the program has given us.



Pictured: Lachlan of HIPPY Claymore loves to read!

HIPPY Cabramatta heroes – our dads!

We have many dads involved in the HIPPY Cabramatta program. Up to five dads attend parent groups regularly and seven are active participants in implementing the program with their children. Other dads support mums by reading the books to their children.



Praseth Chea and his wife Sokha Eng (pictured above) come to our parent group together. Praseth finds the parent group very informative and enjoys the speakers. He said that HIPPY has helped him feel more confident interacting with his son, Angus. He said his son is learning so much from HIPPY.



The dad pictured above said, 'I like HIPPY programs because my son loves it too and is having fun learning. My son learnt a lot with the weekly activities. HIPPY gave me an opportunity to interact more with my child's learning that I wasn't normally used to doing before. It is important for both parents to give time for our child especially in learning. Thank you HIPPY for teaching me and my son and developing his learning skills to

prepare for kindie.'



Duy is pictured above doing HIPPY with his daughter, Emily. Duy said that HIPPY has helped him interact better with his children.



Theany, picture above, who does HIPPY with his daughter, said, 'HIPPY has provided an excellent resource of info and activities to support my child to prepare for kindergarten. Since HIPPY program has been introduced my child has developed significant improvement in term of literacy and numeracy skills.'

Another of our HIPPY dads, Eric has been doing the HIPPY program with his daughter, Erika. Eric said, 'Erika has been enjoying all the programs and activities that HIPPY introduced to my daughter. She is doing

well at school and knows how to read and write, especially story telling. I would like to thank HIPPY Australia and I hope they will still be here next year.' Eric has his younger daughter on the waiting list for HIPPY.



leg Hong Seck is pictured above doing HIPPY with his son at a parent group.



'My name is Dun. I'm Allen's father. At first when I started this program I had a fear that cannot be explained in words. It was a fear of my son being

kidnapped. I had this fear because I lived in a camp in Hong Kong. This camp was horrifying, it was like a jail. Nearly every day I would witness people fighting and killing each other. This is the reason why I lived in fear and not wanting for my child to go out. What if something happens to him? But after joining this program I was able to teach my child how to protect himself when I am not there for him. I've also recognise that my child has improved a lot in school and that this program has helped me and my family in many different ways. Thank you HIPPY.'

*Isobel Mckay,
HIPPY Cabramatta Coordinator

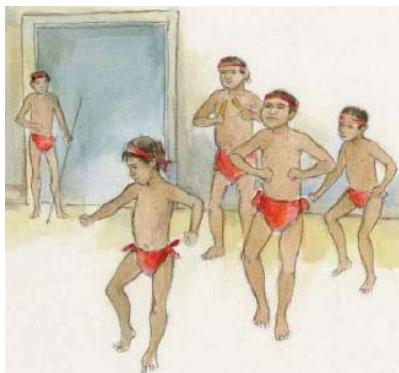
New storybook: *Kuppi's Clever Surprise Plan*



Pictured: An image of Kuppi's special story map illustrating his Nanna's life in Inala mixed with his own story

This year, HIPPY Australia is introducing a new book into the Age 4 program. The new book, *Kuppi's Clever Surprise Plan*, was written by HIPPY Inala Coordinator Jacqui Ruhle and illustrated by Naomi Lewis.

The story is about a little Aboriginal boy who lives in Inala in Queensland who has a very special relationship with his Nanna. His Nanna calls him



Kuppi, which means 'possum' in the Jagera language. In the story Kuppi tells us about a clever surprise he has made for his Nanna. The book takes place across a week and each day illustrates a different part of what Kuppi's life looks like. We see him go to preschool, take dance lessons, visit family, watch his cousins play football and go shopping with his dad.

At each event Kuppi collects a little souvenir to help make his Nanna a special birthday present.

We are very proud of this book and hope that it brings as much delight to our HIPPY family as it does to us.

Congratulations to Jacqui Ruhle for her work on this amazing story and many thanks for allowing us to bring it to life through HIPPY.



Getting pampered at a HIPPY Girrawheen Parent Group

On 3 June, our HIPPY parents were able to enjoy a little pampering and relaxation time at our parent meeting!



Thanks to a small Community Activity Fund grant from the Department of Communities, we were able to have two special guests from Women's Healthworks to help out with the activities. Vera Washer, reflexologist (in the pink top) and naturopath Debbie Burton (in white) gave shoulder and hand massages, and guided the group in some relaxation and stretching exercises. It



was all about the importance of looking after yourself.

Why should parents take time to care for themselves?

Because you can-

not give to your child what you do not have yourself. Because if you feel stressed, your child will pick up on that stress. And because if you feel exhausted and overwhelmed, your body language will communicate that to your child – even if you never talk about it. Parents who find ways to care for themselves (even if it's for only a few minutes a day) feel more refreshed and better prepared to care for their family.

What do you do to take care of yourself?

You may feel like you need to set aside a good chunk of time if you're really going to take care of yourself, but you might be surprised to find that just five minutes of relaxing or doing something you enjoy can make a big difference. Reading, going for a walk, having a nap, listening to music, having a bath, meditating, singing, dancing or gardening. Give it a try and find out what works for you.

Because parenting well requires us to make sacrifices, we can become so



focused on our children that we lose track of who we are. We become so

busy getting kids fed, dressed and transported to activities that we're going-going-going from morning to night. This busy lifestyle can stretch out for years until one day you suddenly ask, 'Who am I?', 'What do I want?', 'What do I enjoy doing?'

These are great questions. As you explore them, you may discover things about yourself that you buried – or parts of yourself that you want to develop further.



* By the HIPPY Girrawheen team
Adapted from:
www.bodyandsoulmentor.com and
www.parentfurther.com

Homairah and her journey at HIPPY Moreland

My son, Humayd, started HIPPY in 2009. He enjoyed doing HIPPY activities and was always waiting for the new booklet to come. One day I asked him, 'What do you like about the HIPPY?' and he replied, 'It's fun Mamma to do with you'. I understand the importance of spending time with my child. He has learned lots of new skills through play. He graduated from HIPPY last year but if he sees me now with the HIPPY booklet he still jumps with joy and asks me to do a few

activities with him!
As a HIPPY Home Tutor I know how important it is for parents to spend time with their children and to understand them. I also know now that there's a better way to correct them than saying 'no'. There is so much more that I could have never learned without HIPPY.
I'll never get bored doing HIPPY home tutoring as it's so good to see families learning the importance of interaction.

Thank you HIPPY.
* Homairah Jasat,
HIPPY Moreland Home Tutor



Hot and hip at HIPPY Long Gully/California Gully

The Long Gully/California Gully site has just hit 'send' on our first 'hot and hip' email to our Age 4 parents. Tutor, Kim Boucher, has taken the initiative to keep track of the innovative ideas parents and tutors come up with (ideas that build upon HIPPY activities and generalisations). Kim gives the

email a local flavor by linking the content to the community. The format will be short (a couple of dot points), the email will be frequent (perhaps fortnightly so we can rave about upcoming parent gatherings) and above all, it will be a warm, friendly, celebratory, easy read!

We will run off copies for parents without email.

Here is Kim about to hit 'send' on the first one!



HIPPY Riverwood is on a roll!



Pictured: The HIPPY Riverwood team

Most of HIPPY Riverwood's families were up to completing week 9 activities in the week of 15 August. They reported that their children loved the HIPPY shapes and really enjoyed playing 'traffic lights'. Many of our children also love the storybooks and can't wait to get their next one!

I am also happy to report that our HIPPY Riverwood families have started to come together and form friendships as we have just had our first two parent group meetings. We meet in the beautiful new Morris Iemma Indoor Sports Centre in Riverwood. We had our first speaker present to us on 12 August.



Geoffrey Mugi (pictured above) – the Learning For Life worker from The Smith Family – came to tell us about

the many Smith Family programs that are available locally.

Many thanks to Geoffrey for such an interesting talk, and also for sharing with us a little about himself. Also that day, we had a visit from HIPPY consultant, Christine, which made it extra fun.



We have more upcoming speakers and activities lined up: Janette Biffin, an experienced early childhood educator from Learning Links will speak about helping children make a smooth transition to school. The School as Community Centre (SaCC) worker, Ellen Chan, will also speak about the many programs that she coordinates and delivers from her base at Punchbowl Primary School. We are all looking forward to these upcoming parent group meetings!

Finally, our Advisory Group will also meet for the first time soon. We have tentatively planned to meet on 31 August. We have interest from representatives from a number of key local organisations including two schools (Hannans Road Public School and St Joseph's Riverwood), SDN Children's Services and Ellen Chan.

We are only nine weeks old, but we're well and truly 'in the HIPPY rhythm'!



* Elean Chan, HIPPY Riverwood Coordinator



Full steam ahead for HIPPY West Ipswich



It was old-fashioned fun for HIPPY West Ipswich families on 7 August as we joined forces with families from an Australian Red Cross program called Early Years.

The day – which began with face painting, egg and spoon races and a sausage sizzle – culminated in an hour-long steam train ride, which was a first for many of the children and parents.



The HIPPY kids and their siblings particularly liked watching the ground whiz by.

Another highlight of the day was the attendance of the Mounted Police – the kids were amazed at how huge the horses were and waited patiently to have a pat.



We were also fortunate to be visited by the federal member for Blair, Shayne Neumann. He has been very supportive of HIPPY and so dropped by to join in the festivities and chat

with the parents and kids about the benefits of the program.

Overall it was a fantastic day and we would like to say a big thank you to everyone who made it possible

By all accounts, after all the fun and games, there were many HIPPY kids sleeping soundly in Ipswich that night!

*Alana Wahl,
HIPPY West Ipswich Coordinator



A personal journey at HIPPY Salisbury North

I knew when Natasha applied to be a Home Tutor she would be a fantastic asset to our Salisbury North HIPPY family.

She is organised, energetic, enthused, empathetic and proud to be a part of HIPPY.

Natasha is a mother of three, she volunteers at her children’s school and is on many governing councils. She is definitely a part of the Salisbury community!

Since she has been employed as a Home Tutor I have seen a real personal growth in her and together we have discussed her future employment pathways at length.

At these discussions Natasha felt that with her past history and experience she would like to be working in the field of social work. We looked into many TAFE courses and private courses, then I mentioned she should go to university and get a Bachelor of Social Work.

Natasha replied, ‘I can’t go to uni. I’m not smart enough and it’s only for posh people!’ I laughed and assured her that she would be fine.

Since then she has done a bridging course, which enables adult students to ‘get into the swing of’ study and achieve an entrance score for her degree. This is run by the University of South Australia.

Natasha starts at uni next year; she will be studying part-time so she can still work.

I am really proud of her and know that she will be successful in this journey that she is embarking on. She is an inspiration to her children!

HIPPY has given her this chance to change her life and I feel really privileged and grateful to be able to support and foster this opportunity. Go Natasha!



HIPPY sponsors Melbourne Museum's Romp and Stomp

HIPPY Australia is proud to announce its sponsorship and support of the Melbourne Museum's 'Romp & Stomp Fun Day for Children'. The event will take place on Wednesday 26 October between 10am–3pm. On the day, HIPPY Australia will be running a stall with information and activities, with help from some of our Melbourne sites.

The 'Romp & Stomp' event has been organised to celebrate Universal Children's Day. This day highlights the value of education, experiences and diversity in early childhood development.

Each year, a group of not-for-profit early childhood organisations – Early Childhood Management Services, Playgroup Victoria, Kindergarten Parents Victoria, Berry Street, Gowrie Victoria, Toy Libraries Victoria, MFB and Vic Roads – come together with the Melbourne Museum to develop the 'Romp & Stomp Fun

Day for Children'. The event celebrates children and families, and highlights the importance of early-childhood education.

The 'Romp & Stomp' event is designed for children between 0–5 years old. The children engage in a number of activities designed to emphasise the different aspects of early childhood learning.

'Romp & Stomp Fun Day for Children' is in its ninth successful year of raising the awareness of the importance of early childhood development within the community.

Last year more than 2000 children, parents and carers came together to celebrate Universal Children's Day.

So 'romp and stomp' down to the Melbourne Museum on Wednesday 26 October between 10am–3pm for 'Romp & Stomp Fun Day for Children'.

Children and concessions are free! Parking is limited so public transport is the best way to travel.

For more information, please visit the 'Romp & Stomp' website at: www.rompandstomp.org.au



A star dad at HIPPY Charnwood

At HIPPY Charnwood, mums mainly do HIPPY with their children. However, a number of families have both parents who do HIPPY with their children. We also have two dads who are the primary carers of their children. One is a stay-at-home dad and the other is a single father who has his children most of the time.

Eric is our star HIPPY dad. After a change in his family situation, Eric found he had to 'step up' into a role that he was very unfamiliar with. This is Eric's third year in HIPPY; his daughter, Toni, graduated at the end of 2010 and his son, Zack, is currently in his second year of HIPPY.

Eric has found HIPPY to be a great program, especially with understanding how children develop. Through breaking down children's development into five sections, Eric has been able to identify areas where his children need extra assistance. It has given him a greater understanding of where his children are, in terms of development, and given him the confidence to talk and develop plans for his children at the school level.

Eric has also been instrumental in accessing outside programs for both himself and his children to help them with their development.

HIPPY has also given Eric a 'great

range of activities to do with the kids in the "Things to think about and do" section'.

* Warrick Eppelstun, HIPPY Charnwood Coordinator



Pictured: Eric and his daughter Toni

Hello from HIPPY Dandenong



Pictured: Dandenong Coordinator Tatjana

HIPPY Dandenong is happy and all the HIPPY fun has begun in its full capacity. We have three fantastic home tutors. They completed home tutor training in June with Louise, who was my HIPPY Consultant. We are looking forward to meeting with a new consultant, Wendy, in September.



Pictured: Tatjana and her tutors

Dandenong tutors speak Dari, Serbian and Arabic. HIPPY is delivered in the first language of recruited families. Currently, we have 33 families from Afghan, Serbian, Sudanese, Bosnian, Palestinian, Iraqi, Iranian, Vietnamese, Albanian and Mauricain backgrounds. With assistance in their first language, Dandenong HIPPY families receive additional help in supporting their child to start school confidently.



Pictured: Wazhma with her daughter Hannah



Families doing HIPPY feel more involved with their child's schooling, feel able to approach schools and teachers with more confidence and are better connected with other local families.

Dandenong has many refugee families, and has become one of the most culturally diverse places in Victoria. Around half the population is born overseas, and the majority of residents speak a language other than English at home. Most have



Pictured: An activity in delivered in Dari

come from the republic of former Yugoslavia (45%), Afghanistan (25%) and Sudan (13%). These families have particular needs as they are learning English and are unfamiliar with the Australian education system. High numbers of families do not participate in pre-school programs and are of low economic status.



Pictured: Sharifa and her son Reza

Our three HIPPY groups are very culturally and linguistically different, however, they are all benefiting from HIPPY in some way. We are coming together to share personal experiences, to learn from each



Pictured: Arezo shows us her drawing

other and support each other through HIPPY.

Some HIPPY parents are very satisfied with the positive influence HIPPY has on their child.

Some parents are initially embarrassed to participate in role-plays but we see this as part of their learning experience and we are excited by the progress to date.

A HIPPY Parent, Beates, said, 'I now spend more time with my daughter, Badjoak. We have lots of fun as well as learning while doing the activities. And also it helps me to learn more English. I can see my child improving, the program encourages her to read and write, she is always asking me to sit with her do the HIPPY activities. Now she started to read the stories from the pictures. She can now understand that the yellow light means we have to slow down.'

* Tatjana Krneta, HIPPY Coordinator



Pictured: Wazhma, tutor Negar and Anisgul



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About HIPPY Australia

The Home Interaction Program for Parents and Youngsters (HIPPY) is a home-based parenting and early childhood enrichment program targeting families with young children. It supports parents who may not feel confident to prepare their children for a successful early school experience.

HIPPY builds upon parental strengths and empowers parents to take an active role in their children's education, development and overall wellbeing. For some parents, it also offers a supported pathway to employment and local community leadership.

HIPPY helps to develop stronger and more confident families, with an increased capacity to make the most of opportunities provided by mainstream education.

HIPPY Australia would like to thank all of its funding bodies and individuals for their support. We could not do it without you.



Brotherhood of St Laurence

Working for an Australia free of poverty

The Brotherhood of St Laurence is licensed to operate HIPPY in Australia.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government Department of Education, Employment and Workplace Relations



redefining / financial services

HIPPY Australia is proud to acknowledge its partnership with AXA

'The views expressed here are those of the author and do not necessarily represent the views of the Australian Government Department of Education, Employment and Workplace Relations.'

Contributions for the HIPPY Australia Newsletter

If you have a story you'd like to share in the HIPPY Australia quarterly newsletter please don't hesitate to send your ideas to ncrew@bsl.org.au.

We are happy to consider stories from any of our friends from across

the globe. In the past stories have come from:

- parents
• children
• tutors
• coordinators

- partner agencies
• HIPPY Australia staff
• HIPPY international programs
• other early childhood services
• community supporters of HIPPY
• researchers.

