



Koolkuna Family
Programme



Koolkuna Family Programme



Our belief is that the best way to help children in a refuge environment is by improving their relationship with their mother's



Koolkuna Family Programme

A structured programme based on attachment theory that emphasises reciprocal parent child interactions and positive ways of being together



Koolkuna Family Programme

*When the moon is shining, the
stars can sparkle*

*When the stars are sparkling,
the moon can shine*



Koolkuna Family Programme

Project Objectives

- To improve the relationship between women and their children in the aftermath of FDV
- To build women's confidence and skills to enable them to better understand and respond to their children's needs
- To teach women specific play activities
- To improve the future social, physical, emotional and educational capacity of the children
- To increase the likelihood of families accessing child related support agencies in the future



Koolkuna Family Programme

- Programme based on Natalie Worth's Childs Play Programme (1996)
- Planned and designed for refuge staff to facilitate with the families they are case managing
- In line with research, it was designed for mums and ONE of their children to avoid mother's becoming overwhelmed
- 6 week programme, 1 hour per week



Koolkuna Family Programme

- Recognises that mothers and children are traumatised and in the early stages of recovery from DFV so does not involve physically intrusive activities, assertiveness activities or trust games
- It is structured and repetitive to create boundaries about beginnings, middles and endings to provide safety



Koolkuna Family Programme

Family Fun 3-5 years, 6-11 years, 12+ years



- Check in/hello
- Name game
- Activity e.g. memory box, play dough, hand & foot painting, cooking, collage, hot seat, treasure hunt
- Snack time
- Game
- Relaxation
- Check out/Goodbye

Background music relative to activity,
Colouring in, moon and star metaphor



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Mums and Bubs Group 0-4 years

Weekly 1 hour group session in the refuge focusing on singing, rhymes and action songs where mum has physical and eye contact with her child as much as possible.

Uses resources such as musical instruments and involves heuristic play opportunities, hand & feet painting, photos



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Rhyme Time 0-4 years

- Weekly 1 hour group session in the community
- Based on Family Rhyme Time Programme focusing on early years brain development, attachment and creating family memories and rituals. No resources are used - singing, rhymes, lullabies and stories
- Good social opportunity for outreach women



Koolkuna Family Programme

- "Mums & Bubs was good. It created special time with my child"
- "It helped me learn a few parenting pointers and realise that I am a very independent young mother"
- "My daughter and I enjoyed each other a lot more"
- "It got me and a lot closer"
- "It was fun"
- "I realise kids enjoy having one on one time with their mums"



Koolkuna Family Programme

Join us all to sing a rhyme

- I have a dog and his name is WAGS

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