



InspirED
Engaging Parents. Empowering Families.
Children & Families Program
Jane Hanckel



Social and Emotional Skills are #1 Priority for 21st Children

- Children need to navigate an increasingly complex, volatile and uncertain world
- Children's social and emotional skills will shape their future


Andreas Schleiser, OECD
<https://bit.ly/2Kd2Wc2>



Children's Challenging Behaviour #1 problem

- Alarming increases in anxiety, depression and suicide amongst young people at younger and younger ages
- 60% increase in depression children 14-17 years


<https://bit.ly/2MBJ8kz>



Parents are #1 Influence Children's Development


- Children's well being and happiness starts with love and bonding in the early years
- Neglect, parental inconsistency and a lack of love linked to long-term mental health problems

<https://bit.ly/2MBJ8kz>











InspirED program's purpose


- Increased Family Connection, Communication & Co-operation
- Greater Social and Emotional skills
- Increased Family Resilience

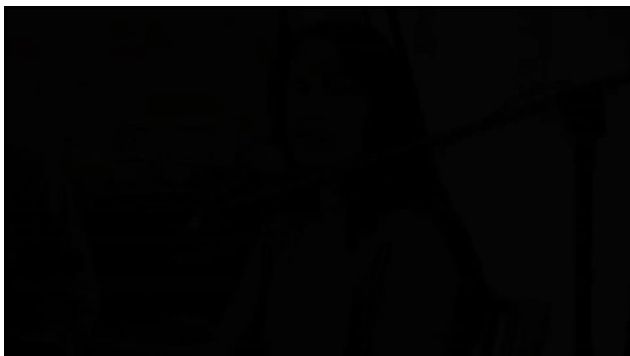


Key Features

- Evidence based methodologies
- 8 Key Enrichment Elements

 Connection to nature	 Healthy Nutrition	 Meditation	 Local Communities
 Creativity	 Rhythm	 Arts and Crafts	 Songs, Games and Stories





The Experience (How it works)

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Our Aim

- Provide parents and children with the tools to be resilient to trauma, stress and change.
- Increase families' resilience & wellbeing
- Increase children's social and emotional skills and wellbeing

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Program Structure

- Facilitated Introductory Workshop – Community Educators & Health Professionals
- Introductory workshop followed by 4 x Weekly workshops for Families & Children 0-7 years
- Follow up support via App to assist families to align with their vision and purpose & increase quality family time

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InspirED Social Enterprise established since 2004

- Principals of program implemented in 7 communities with over 100 parents.
- Supported by peer review paper *"The InspirED Project – a holistic program to enhance parent child wellbeing."*
- Supported by innovative tech application to assist families to align with their vision and purpose & to increase quality family time

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What we believe in	Why it is important
● Commitment to families, children & wellbeing	● Long term benefits to children & families
● Reducing family stress	● Long term benefit to society
● Evidence Based Interventions	● Sustainable
● Utilizing innovative tech to support families and children	● Replicable

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THANK YOU
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