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VALUES BASED PARENTING[™]

Parents' Information Kit

The *Parents' Information Kit* for Values Based Parenting (VBP) contains only a small selection of the full range of information sheets, diagrams and other resources in the Values Based Parenting program, which is delivered by psychologists and held at community centres, health centres etc.

In 2006 the federal government authorised Medicare rebates for a range of psychological services, so - in terms of the Medicare rebate - seeing a psychologist is now like seeing your GP. To be eligible for the Medicare rebate for psychological services (which specifically identifies parenting skills on page 51), you need a referral 2710 (Mental Health Care Plan) from your GP. So long as you have a 2710 referral to see the VBP psychologist, there is no fee (so is bulk billed) until March 2010.

The Values Based Parenting program is delivered in five weekly group sessions lasting around 90 minutes each, followed by other, more specific group programs also delivered across five weekly sessions. A simple overview of the Values Based Parenting method is:

1. Parents clarify their values;
2. Parents learn about the VBP sequence: Values > Decisions > Behaviours > Safety;
3. Parents assign wanted behaviours to values;
4. Parents reward children for wanted behaviours and discourage unwanted behaviours;
5. Parents use simple learning experiences to help children learn how to make healthy choices;
6. Parents link wanted behaviours to their family's value.

More thorough descriptions of the Values Based Parenting method are contained in this kit. We also offer resources on a host of relevant topics such as ways to introduce and manage limits, boundaries, consequences, training children in new skills (such as simple cleaning tasks), and many other topics - most of them linked to values.

One of the most robust reasons for your decisions you can give to a questioning child is that your decisions reflect your family values. Making values an overt part of your regular decision making supports you by saving you time and effort (and frustration) justifying your decisions about so many small aspects of daily family life. Raising a family is usually not straightforward – there are plenty of detours, gains, setbacks and growth but it is easier with a 'big picture' outlook that sits above day to day issues.

In addition, attending group sessions can offset a modern loss of connection with our community by developing a network of like-minded parents from different VBP activities who share your general outlook and whose children experience similar expectations, rewards and consequences etc.

Values Based Parenting is offered in group sessions, but parents can also make appointments to see the psychologist for individual consultations to address particular issues.

Enjoy !

Martin Walsh
Principal Psychologist

29th May 2009