



PARENTING 101: FOUR CORNERS

Monday 20th August 2018

Parenting 101: Learning how to become a better parent.

"You don't naturally know what to do as a mum. It doesn't come to you like that, it's learnt. You have to work at being a parent." Mother of two

Having a child is supposed to be the most natural thing in the world, but knowing how to raise one can be another thing entirely. Even in the most loving families, parenthood can be incredibly daunting.

"Sometimes things can be a façade. Things can be all well and done, and dressed beautifully, but I think we have to recognise what's happening inside." Mother of two

Some parents struggle to know how to keep their children safe and happy, leaving them feeling inadequate and in real need of help.

"I kind of hit a bit of a brick wall in terms of my emotions. I think when you suppress a lot of it, you kind of, you're going to blow, in a sense, if things kind of keep building up. There is a point. There is a limit." Mother of two

On Monday, **Four Corners** brings you the story of three mothers determined to learn how to change the way they raise their children.

"Everything I've been learning I have been trying to implement in our day to day life to improve everything for the children." Mother of two

With extensive access to the pioneering Safecare program for parents whose children are at risk of neglect or harm, **Four Corners** follows these families, and the social workers teaching them, as they learn back to basic skills.

"It is not good for children to not have that routine and not going to bed at proper times and not getting the sleep they require." Social worker

With great honesty, these mothers open up about dealing with difficult children, who need more than just their love.

"He's a nightmare, I know that sounds horrible, but that is the way he is...He's very wild, out of control, rebellious. He's not so affectionate." Mother of three

Four Corners charts how the parenting program helps these families get their lives back on track.



"The house for the children now is a lot safer than it used to be. There's still things for me to work on and improve but Bev is going to help me out, getting me sorted and pointing in the right direction to fix it all." Mother of two

With the support of their social workers and their own determination to make a difference, changes start to happen.

"The change in (his) behaviour: it's a lot less aggressive. A lot less physical...Much happier. ...He is much more loving. So I guess that fighting taken out every day made him much more loving, which is nice." Mother of a toddler

The course is not just bringing practical skills into the home, it's giving these mothers hope for the future.

"It's amazing where life can bring you and how new things can happen but I'd say I am a lot more calmer, a lot more relaxed." Mother of two

"I've got my fingers crossed...I think (she) could really finish this course and really make a big change in her life." Social worker

Parenting 101, written and directed by Janine Cohen and presented by Sarah Ferguson, goes to air on Monday 20th August at 8.30pm. It is replayed on Tuesday 21st August at 1.00pm and Wednesday 22nd at 11.20pm. It can also be seen on ABC NEWS channel on Saturday at 8.10pm AEST, ABC iview and at abc.net.au/4corners.

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