



PuP Program

Promoting a nurturing environment for families

The overarching aim of the PuP program is to help parents facing adversity develop positive and secure relationships with their children. Within this strength-based approach, the family environment becomes more nurturing and less conflictual and child behaviour problems can be managed in a calm manner.

PuP is intended to be delivered on a one-to-one basis and is home-based and designed for families in which there are life circumstances that impact on family functioning. Such circumstances may include ill-health, disability, depression, anxiety, substance misuse, family conflict and financial stress.

The program is highly individualized to suit each family. Parents are given their own Parent Workbook and for some parents, this becomes a personal journal of their experience.

The program topics include identifying the family's strengths and goals, mindfulness when with the children, and strategies to extend support networks to encourage children's well-being.



To enquire about **Parents under Pressure** please check the Resourcing Parents Website: <http://resourcingparents.nsw.gov.au/>
Or contact The Family Action Centre on 4921 6858



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