

Let's start at the beginning

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The success of the Indigenous parenting program, *Let's Start*, has resulted in the development and launch of a promotional DVD to encourage further uptake of the community endorsed program in remote Indigenous communities.

First rolled-out in the Tiwi Islands in 2006, the Centre for Child Development and Education (CCDE) Parent-Child program, *Let's Start*, is a therapeutically oriented parenting program that helps parents support the social and emotional needs of children as they begin the transition to school.

Program director, Associate Professor Gary Robinson said the program is about ensuring kids get off to a good start at their first years at school.

"The program brings together expertise about child development, early learning, and parenting to support the emotional wellbeing of parents and children," Assoc Prof Robinson said.

"It is the only program of its kind that has been evaluated to demonstrate that it works for Aboriginal children and their families."

Since 2006, *Let's Start* has delivered programs across a range of remote and urban communities in the Territory and has continued on in the Tiwi Islands where the program is now run cooperatively with locally employed staff.

The promotional DVD features Tiwi Islands staff who share their success and encourage other communities to get on board.

"The DVD aims to get parents in other communities excited about the program building on the momentum already generated from its success," Assoc Prof Robinson said.

"It also illustrates the important role of local implementation officers in the delivery of community programs.

"A good start to education is critical in improving the future prospects of Indigenous families. The program has consistently seen results within the family unit and more broadly across participating communities."

Associate Professor Robinson said community support was essential to the success of the program.

View more about the Let's Start: Parent – Child Program here:

<http://ccde.menzies.edu.au/letsstart>

View the Let's Start introductory video here:

http://www.menzies.edu.au/page/Resources/Lets_Start_introduutory_video/

Media note:

Associate Professor Gary Robinson leads the Indigenous Parenting and Family Research and the Suicide Prevention Research themes in the Centre for Child Development and Education.

He has been responsible for the development and evaluation of school-based early intervention and prevention programs for Indigenous children and parents in urban and remote communities, with the program 'Ngaripirliga'ajirri' in partnership with the Tiwi Health Board and others, (2000-2004) and the Let's Start Parent-Child Program (2005-2013).

View his profile at:

http://www.menzies.edu.au/page/Our_People/Researchers/Gary_Robinson/

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Menzies Background

The Centre for Child Development and Education is part of the Menzies School of Health Research. Menzies is Australia's only Medical Research Institute dedicated to improving Indigenous health and wellbeing. We have a 28-year history of scientific discovery and public health achievement. Menzies works at the frontline, partnering with over 60 Indigenous communities across Northern and Central Australia. We collaborate to create resources, grow local skills and find enduring solutions to problems that matter.