

CENTRE AGAINST ABUSE „DARDEDZE”



Good practices in Latvia-
prevention programs addressed to parents with young children



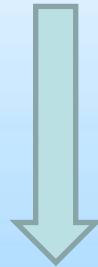
Who we are ?

Center Against Abuse „Dardedze” is a non governmental, non profit organization working to prevent child abuse in Latvia and to provide direct help to children exposed to sexual, physical, emotional abuse and neglect.



Mission statement

SAFE CHILDHOOD



a secure bases for the future



Our organization works in two directions:

Counseling for
children and
families faced with
abuse, and for
every family with
children in need.

**Develop and
implement
preventive
programs and
activities
(campaigns)** to
prevent child
abuse.



“Dardedze” focuses on



Prevention



Services aimed for early intervention in
families with small children

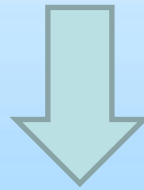


Support programs for families with small
children



Support programs:

- Provide support to parents
- Raise parents' self-confidence
- Provide necessary resources



.....in order to ensure their
children's healthy development and their
own connection with community !!!



Family Support programs

- ☐ **“Secure base”**
- ☐ **“Pathways to competence”**
- ☐ **“Guardian angel”**



Secure base

Support and training program for expecting parents starting from 4th month of pregnancy and continues until the child is 1 year old.

Program focuses on:

- raising awareness for future parents about child's emotional needs;
- developing secure attachment between parents and child.



Program	“Secure Base”
Goal	Promoting attachment for parents with children
Target group	Motivated clients/parents come with children
Length	1.5 years
Frequency	Once in a month
Form of the group	closed
Methods	Discussion, video, role play, group work, homework



Pathways to competence

Program is for parents with young children up to age 7. It gives support and advice for parents how to overcome various difficulties in parenting and how to practice positive discipline and promote child's emotional development.

From 2004-2011:

- 17 groups
- 213 parents



Program	“Secure Base”	“Pathways to competence”
Goal	Promoting attachment for parents with children	Educate parents on positive parenting issues
Target person	Motivated clients/parents come with children	Mandatory and motivated clients
Length	1.5 years	2.5 months
Frequency	Once in a month	Once a week/ 10 times
Form of the group	closed	closed
Methods	Discussion, video, role play, teamwork, homework	Discussion, role play, teamwork, homework





Guardian angel

Program`s goals are:

- Create a support system for young parents that are in high social risk situations and are expecting baby or parenting a young child.
- Strengthen parents and community in child protection and reduce abuse against children.



Guardian angel

3 key activities:

- Counseling for new families
- Local community program involving volunteers who provide informal support for families in Riga
- Support groups for new families



1. Counseling for new families

Families can attend counseling sessions in the areas of:

- parenting;
- child care;
- child's development;
- psychosocial support.

Professionals who provide counseling:

- Social worker
- Psychologist
- Occupational therapist



2. Local community program involving volunteers who provide informal support for families in Riga

For the program's purposes there are selected and trained special informal support personnel (volunteers)- "Guardian angels" who, in collaboration with the social services are introduced to families.

Guardian angel's mission is to become the family's mentor, supporter, teacher, adviser and:

- meet on a regular basis with the family;
- provide informal support;
- provide practical knowledge of infant care;
- provide information on how to maintain self-discipline and restraint, how to cope with stress, fatigue, anxiety and anger without becoming aggressive and violent towards the child ;
- assist with practical help how to organize everyday life.



3. Support groups for new families

- Support groups are for high social risk parents with child up to 1 year of age.
- Parents are provided with support and training in child care and parenting skills.



Some facts:

- ❑ Program is held already for 2 years
- ❑ Clients are referred from Riga Social Service
- ❑ It is open style group, with rotating topics, thus new group members can get involved
- ❑ Every lesson is divided in 2 parts: the first part is educational in the context of child care and parenting, discussion and skills training, second part is informal conversations, networking, mutual support, joint meal.



Covered topics

- Child's development during the first year of life
- Child's needs
- Attachment
- Daily routine
- Child nutrition
- Child illnesses
- Playing with child
- Child's safety
- Child's emotions
- Child's temperament
- Parents roles, mother's needs
- Stress (anger, depression, relaxation)
- Communication skills/conflict resolution
- Family systems/ celebrations
- Healthy lifestyles
- Budgeting
- Partner relationships
- Violence against women
- Legal Rights



Portait of families we have worked with:

- One-parent family (43%)
- Low income (100%)
- Social isolation (80%)
- Experience of institutional care in childhood (27%)
- Dependence problem in family(40%)



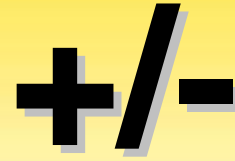
Some numbers...

- ☐ Till now 30 parents (6 dads ,24 mothers) and 26 children have participated in program
- ☐ 67% have participated in a group for a long-term
- ☐ 33% have participated in a group for a short-term

For long-term members of the group:

- ☐ Child-care skills have been improved for 73% of parents
- ☐ Emotional-contact skills have been improved for 68% of parents
- ☐ Playing with children skills have been improved for 68% of parents





Benefits:

- Increases recognition and demand of the program
- Improved child-care skill for motivated parents
- Parents build their own social support network

Challenges:

- Hard for parents to come regularly to group meetings in a long term
- Takes a long time to achieve trust from parents
- Distance and weather problems
- Limited financial resources to get to the group meeting



Program	Secure Base	Pathways to competence	Guardian angel
Goal	Attachment relationship promotion for parents with children	Educate parents on positive parenting issues	Care-skill development and strengthening
Target person	Motivated clients/parents come with children	Mandatory and motivated clients	Mandatory clients/parents come with children
Length	1.5 years	2.5 months	1 year
Frequency	Once in a month	Once a week/10 times	2 times in a month
Form of the group	Closed	Closed	Open
Methods	Discussion, video, role play, teamwork, homework	Discussion, role play, teamwork, homework	Discussion, role play, creative activities, homework



Thank you for your attention!!!



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