

Parenting in a New Culture (PINC)

A comprehensive, tailored and culturally responsive parenting education and support program for newly arrived migrants and refugees

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PARENTING CHALLENGES FOR NEWLY ARRIVED MIGRANTS & REFUGEES

Adapting to a new country poses significant parenting challenges for migrants and refugees:

Cultural Dissonance: navigating the complexities of integrating into Australian society while preserving cultural heritage.

- Loss of familiar cultural norms and practices.
- Conflicts between traditional parenting methods and those prevalent in Australia.

Migration Stress: coping with the psychological impact of migration.

- Adjustment to new social systems and laws.
- Overcoming language barriers and communication issues.

Support Networks: rebuilding the lost community and familial support structures that facilitate child-rearing.

- Finding reliable childcare and navigating new educational systems.
- Accessing community resources and support services.

"My son and I fight all the time. He wants to go out with his Australian friends at night and I want him to stay home. In Liberia his father or uncles would discipline him, but I'm all by myself here."

A CULTURALLY RESPONSIVE SOLUTION

The PINC program's approach is multifaceted and culturally sensitive:

Strengths-Based Model: focusing on the inherent strengths of migrant and refugee parents and how these can be adapted to new parenting contexts.

- Recognition and validation of traditional parenting experiences and knowledge.
- Encouragement of peer support and shared learning among participants.

Group-Oriented Sessions: facilitation of group learning to foster a collective understanding and mutual support.

- Interactive workshops and discussions to explore common parenting challenges.

- Role-playing and scenario-based activities to practice new skills.

Cultural Sensitivity: delivery of program content by facilitators who are both knowledgeable in parenting and attuned to cultural nuances.

- Training for facilitators on cultural competency and effective communication strategies.
- Use of culturally appropriate materials and examples

AIMS & OBJECTIVES

PINC's objectives are strategically designed to enhance parenting in a multicultural context:

Understanding Acculturation: equipping parents with knowledge about the acculturation process and its effects on family dynamics.

- Strategies for maintaining cultural identity while embracing Australian values.
- Discussion on bi-cultural identity formation in children.

Legal Frameworks: education on Australian child protection laws and expectations.

- Workshops on legal rights and responsibilities as parents in Australia.
- Information sessions on resources available for legal support.

Communication and Education: strengthening communication within families and understanding of educational practices.

- Parental engagement in children's education and school activities.
- Development of English language skills for better communication with schools and institutions.

"I realised that it is normal for boys and girls to be friends in Australia, and even to have boyfriends and girlfriends. We now have a rule that my son can talk to the girls, do things in mixed groups, but still no girlfriend or spending time with a girl by herself. This is the compromise we've reached so he can learn to be part of both cultures."

OUTCOMES

20+ years delivering PINC

1000+ participants

18 different language groups

The expected outcomes from the PINC program are comprehensive and far-reaching:

Parental Adaptation: enhanced ability of parents to adapt their parenting to the Australian context while retaining cultural identity.

- Measurable growth in parents' confidence and competence in cross-cultural parenting.

Family Harmony: a significant decrease in family conflict, with a shift towards positive discipline techniques.

- Reported improvements in family relationships and reduction in stress levels.

Educational Engagement: increased parental involvement in children's schooling and education.

- Better academic support for children from migrant and refugee backgrounds.

Support Networks: development of sustainable support networks that provide ongoing assistance.

- Establishment of community links that persist beyond the program's duration

WHERE TO FROM HERE?

PINC is on the Australian Institute of Family Studies list of Promising Programs; we welcome opportunities to partner with research organisations to further develop the program.

We invite organisations to contact us to find out more about the program and explore service delivery and licensing opportunities.

For more information, contact BrentS@spectrumvic.org.au



100% of participants in FY23

felt they gained good, new parenting tips they can share with others

feel more confident to share their culture and values with their children

can work out what to do if any of their children have a problem