



Cockburn Parenting Service

Community Insights Snapshot

Cockburn Parenting Service is a free support for families with children aged zero to 18 years, living in the City of Cockburn. We sought feedback from community and key stakeholder groups to understand knowledge and use of the service, identify some of the barriers to participation, and gather suggestions to help improve the service. Community feedback will help shape how the Cockburn Parenting Service is promoted, delivered and tailored to better meet the needs of local families.

Who we heard from



383

visits to Comment
on Cockburn



72

people provided
feedback

How we promoted the consultation



Comment on
Cockburn page
with online survey



Flyers at libraries,
community centres,
and health precincts

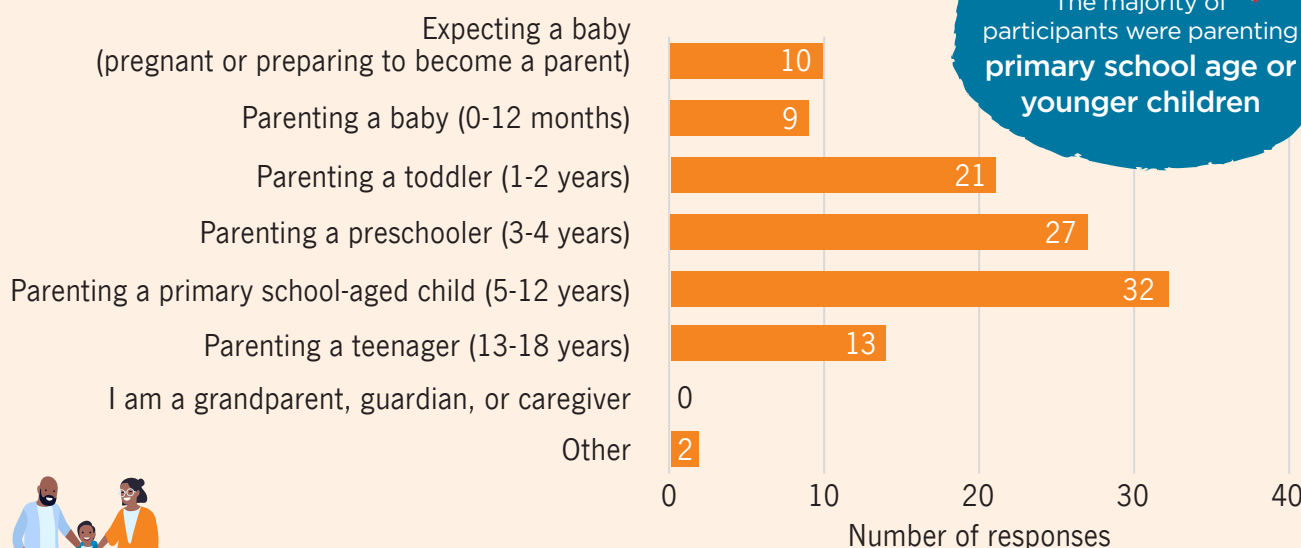


E-newsletters to Comment
on Cockburn subscribers
and key stakeholders



Community
pop-ups at
events

At what stage are you at in your parenting journey?



Key findings

When asked **what parenting topics they would most like information or support on**, the key parenting themes identified by 56 participants were:

Emotional regulation, behaviour, and mental health

- Emotional regulation for children and parents
- Attachment
- Addressing anxiety and mental health (children, teenagers, and parents)
- Behaviour, tantrums, and meltdowns (toddlers to teens)
- Friendship challenges and peer pressure
- Building resilience and self-esteem.



Neurodiversity

- ADHD and autism support
- Parenting neurodivergent children
- Support for neurodivergent parents
- Inclusive activities and supports (outside of NDIS)
- Assessment and diagnosis support.



Childhood development/ milestones

- Sleep
- Toilet training/bedwetting
- Brain development.



Social connection & parent support networks

- Playgroups and Mother's groups
- Support for Dad's
- Connection to services
- Community groups.



Activities & suggestions on play

- Games and play ideas
- Nature play and outdoor programs
- After-school and holiday activities
- Indoor activities
- Age-appropriate learning activities.



Technology and online safety

- Use of phones
- Social media.



Nutrition

- Feeding
- Fussy eating
- Healthy lunch ideas
- Allergy information.



Families also asked for:

- Support for specific groups, such as Dad's groups, culturally specific groups, and activities, groups, and support for neurodivergent families
- Flexible options
- Increased visibility of available services.

Barriers to session participation:



Lack of awareness
of the service



Lack of childcare
available



Competing
commitments



Session time and
availability

Suggestions to make it easier to access and participate in sessions:



Greater awareness
of available services



Flexibility in hours
of sessions



Having weekend
sessions available



Providing childcare
services

Additionally, community told us:



They primarily would prefer to access support via in person groups, and online groups and informal playgroup style sessions were also well suited



Weekday mornings, weekday evenings and weekend mornings all received strong support, suggesting families value flexible scheduling



Two-hour sessions were strongly preferred, with longer sessions considered unsuitable by most participants



Social media, email and word of mouth remain the most effective ways to reach local parents.

Next steps

Cockburn Parenting Service is part of a consortium, the South West Metropolitan Parenting Service (SWMPS), a partnership between the City of Cockburn, Kwinana Early Years (KEYS) and Meerilinga Parenting Service, funded by the Department of Communities. Thank you to community members who participated in our survey to inform the Cockburn Parenting Service. Community feedback will be taken into consideration, and we will use this feedback to improve how families hear about the service, review when and how sessions are delivered, explore opportunities for more flexible and accessible support, and inform future parenting programs and partnerships across Cockburn.

For further information, please contact the City of Cockburn **08 9411 3444**
or email comment@cockburn.wa.gov.au

