



From the President and Executive Officer

As we emerge from our winter wraps we realise what a busy time winter has been. It is traditionally our busiest season at QEII and our Community Development Programs have been running at full speed as well. We are pleased to report that all have been delivered on time and as promised, despite the flu season hitting us particularly hard this year.

In the June ACT Government Budget for 2015 - 2016 it was announced that funding was allocated to operate QEII to its full capacity. CMS was officially notified in July that funds would be released as soon as we had the rooms commissioned and staff recruited. At this stage it is looking like we will be running at full capacity from early October. This is a really exciting development as we have been challenged to meet demand over recent years and we have been working in partnership with the ACT Government to manage demand.

QEII has been selected by the Australian Commission on Safety & Quality in Health Care to participate in the piloting of the revised national standards. QEII is participating at Level 2 of the process which means we complete a survey on the application of the Standards to our health service setting and identify implementation issues that may be associated with version 2 of the National Safety & Quality Health Service Standards (NSQHS); as well as complete a self-assessment to version 2 of the NSQHS Standards.

Viola Kalokerinos (CMS President), Mary Kirk (Executive Officer)

Introducing the President, Viola Kalokerinos



"We are all connected" our President Viola Kalokerinos said as she met us at the first Hydrangeas' get together in the Botanical Gardens in November 2013. And if anyone in this community knows about 'connectedness' it is Viola. Last year when she was an ACT finalist in the *Local Hero of the Year* awards it was noted that "She is actively involved with 16 organisations in Canberra, including the ACT Ministerial Advisory Council on Ageing, a multicultural seniors group, the Queen Elizabeth II Family Centre, the Greek community and church, a local aged-care home, a palliative care group and others."

Viola's connections with the Curtin and wider Canberra community go back to the early 1970s when she arrived from Athens as a young woman - husband Vince and his brothers had started up the Pizza Bar in the Curtin shops in the earliest days of this suburb. After baby John was born Viola took him regularly to Sister C Butler at the Canberra Mothercraft Society clinic in Ayers St and later Stella Killip was the clinic sister there when twins Matt and Kathy were babies. There is a new generation of the family starting life in this community now - baby Valerios was born to John and Anastasia earlier in the year.

The Hydrangeas - Thursday 29 October

This group of former staff and colleagues meets for morning tea 3 or 4 times a year to stay connected with us and each other. We actively collect the narrative of memories imparted at the gatherings as they provide rich data for our oral history. This photo is of some regular attendees - Lynne Johnson, Rosemary Lee, Jean Roberts, Jean Daly and Di Fernando.



The next morning tea will be held:

Thursday 29 October, 10:30 - 12:30
Australian National Botanic Gardens
Floresco in the Gardens Cafe

RSVP by 26 October by phoning QEII Reception 6205 2333

To get in touch with The Hydrangeas you can contact Robyn Steele by emailing robynsteele@grapevine.com.au or Lynne Johnson by emailing lynnejohnson@grapevine.com.au or telephone 62816771.

CMS Community Development Programs

These programs enhance the experience of families in our community. We partner with local people, communities and organisations to create new programs and improve existing ones. Community development helps make our community stronger and enables us to reach our potential. It involves community members saying what they need and coming up with solutions. We embrace the principles of:



- collaboration—working together
- participation—working with many
- empowerment—taking charge
- equity—ensuring fairness
- social justice—equal rights and opportunities.

This edition features the:

Relaxing into Parenting Program and Baby Makes 3

This free course is for first-time expectant parents. It's an early intervention health promotion course that helps couples move from having just two members in their family, to three. It helps parents ease into parenthood—a new and important, but sometimes challenging, phase of their lives.

The course works to

- strengthen family relationships
- build parents confidence in responding to their baby
- help parents to create their own support network outside of the program
- provide help on where to find support.

The first of the course's five sessions starts around the last 10 weeks of pregnancy, with the last 2 sessions held after the birth. During these sessions, parents learn:

- to understand what their baby/ies needs
- about couple and family communication
- to help their baby/ies sleep
- when and where to get help and support and build social networks.

The program is conducted in a primary health care setting, using a community development approach.

The next RiPP and Baby Makes 3 program will be held in November on 16th, 23rd and 30th.

To find out more about Relaxing into Parenting Program and Baby Makes 3, please phone Emma Baldock, Community Development Officer on (02) 6205 2333.

National Council of Women Australia (NCWA) Triennial Conference

The Canberra Mothercraft Society will be represented at this conference being held from Sunday 11 to Tuesday 13 October in Melbourne by Wendy Saclier, CMS Board member and Mary Kirk, Director of Nursing and Midwifery/ Executive Officer. The society has been an active member since the NCW's inception in Canberra. Women of all ages, race, creed, ethnicity - interested in all aspects of human rights, women's economic empowerment and the work of NCW Australia are warmly invited to attend. For more information visit the NCWA website: www.ncwa.org.au

2015 CMS Annual General Meeting

You are invited to attend the 89th Annual General Meeting of the Canberra Mothercraft Society Inc will be held on **Wednesday 18 November 2015** in the Common Room, University House, Liversidge St, Acton ACT commencing at 6:30 pm.

Please RSVP by 11 November to Jacqui.Larkham@act.gov.au or 02 6205 2333.

Become a CMS Member

Joining the Canberra Mothercraft Society (CMS) is the first and best way to support us. Annual renewals are now due and new members are always welcome.

Subscription rates (including GST) are: Single \$20, Corporate \$80, Concession \$10, Family \$30.

For enquiries please contact Jacqui Larkham, Operations Manager by phoning 6205-2333 or email to Jacqui.Larkham@act.gov.au

QEII Clinical Services

In each edition of *Towards Healthy Families* we will give information on our clinical services. In this edition we talk about:

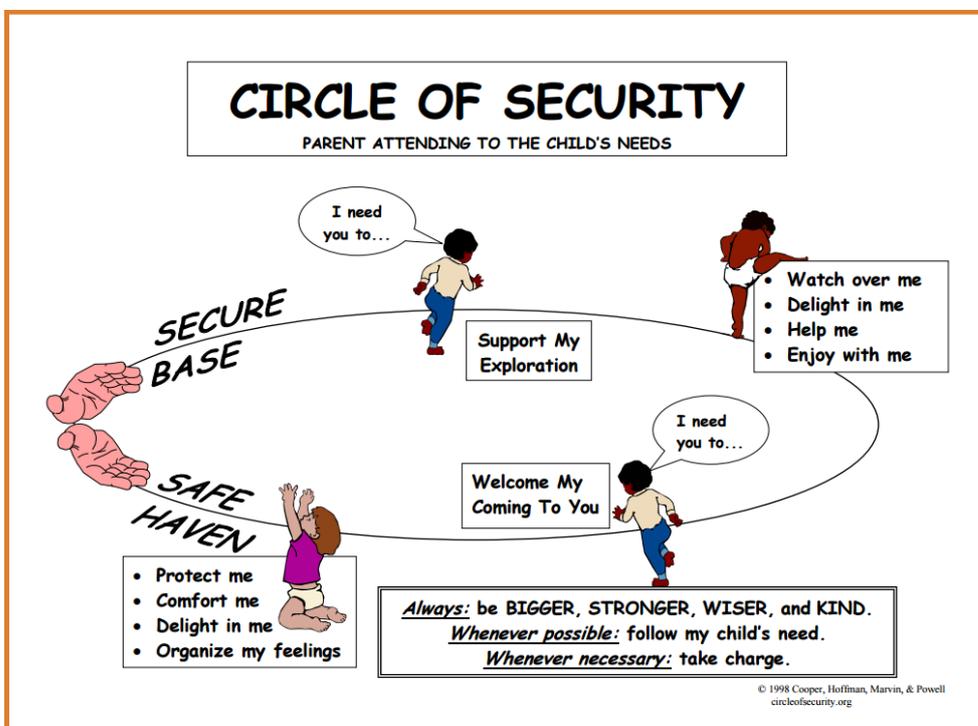
Attachment Theory at QEII You may have heard about 'Attachment Theory' or 'Bonding' in relation to young children and parenting. At QEII we support parents to build a secure attachment for their baby by using the *Circle of Security* model of attachment theory. The model has seven key steps to healthy attachment that are easily understood and provide parents essential guidance for the early years and beyond. They are important points for all of us who may relate to, and be significant in, a child's life.

The seven steps are:

The name of the game is delight: babies are 'hard wired' to experience joy with their caregivers in the early months of life. Researchers are finding that mutual joy is the basis for increased brain development. A baby feels more secure knowing that "Life is good, because my caregiver enjoys life when she/he is with me."

Every baby needs a holding environment: babies soak up affection and love through their skin. Gentle touch shares the tenderness that every infant requires. Playful touch encourages joy. Holding your baby not only provides pleasure and reassurance, it is essential to helping soothe and organise difficult feelings.

The eyes have it: gaze into your babies eyes from the first day of life, and pay close attention when your child wants to look back. At about six weeks, your child will regularly focus in on your eyes and read what they are "saying". Lots of pleasurable eye contact will translate into a feeling of reassurance and connection for your baby.



Whenever possible follow your babies lead: security of attachment requires a caregiver who is sensitive and responsive to their child's needs. Your willingness to answer subtle requests for attention, comfort, holding, exploration, and discovery (with you nearby) will provide an increased sense of security for your child.

You can't spoil a baby: contrary to those who might say that you will harm a child if you are 'too responsive' to their needs, it isn't possible to spoil a baby in the first 9-10 months of life. Researchers are finding that the most responsive parents actually have children who are less demanding and more self reliant as they grow older.

Stay with you child during difficult feelings: young children

often have upset feelings (anger, hurt, sadness, fear) that are too difficult to manage on their own. When your child has an intense feeling, stay with them until the feeling has been worked through. Your child will learn basic trust: "Someone is here when I am in difficulty and pain", and I can count on good outcomes to follow difficult experience".

Talk out loud about feelings: from a child's earliest days, talking out loud about feelings (your child's and your own) will begin to help the child to eventually label feelings and realise that they can be shared. As a child gets older, they will then realise that intense feelings can be named (mad, sad, glad and afraid) and discussed with another, thus ending a need to act them out.

Mistakes happen (you only need to be 'good enough'): perfection is impossible in parenting. In fact it isn't even recommended. A child who knows that everyone in the family makes mistakes, and that they will eventually be worked out, will feel more secure than a child who thinks everything has to be right the first time.

Be bigger, stronger, wiser and kind: at the heart of secure attachment is a child's recognition that they have a parent who can be counted on to lovingly provide tenderness, comfort, firm guidance and protection during the inevitable difficulties of life. If the truth be told, all of us have this need some of the time, no matter what our age.

Ros Mere—a colleague and friend

Ros first came to QEII in 1997 as an aromatherapist. In that role she provided nurturing massages, with sensitivity and compassion, to women who were often overwhelmed. Those who knew Ros came to love her dearly for those traits which were combined with a grace and good humour that uplifted those around her. We still miss her and are glad that we have a special garden at QEII full of aromatic herbs and other plants that is dedicated to Ros and remind us of her place in our hearts.

This unassuming woman was of great strength of character and significant achievements. She was always actively learning and engaged in her many interests. In a nomination for the Staff Recognition Program a colleague wrote:

“...she is always courteous, caring and thoughtful... Ros is also diverse in her thinking...and is compassionate towards the welfare of the women....she is committed to excellence.... her interests in life are always a wonderful talking point...”

Ros was a Registered Nurse and also held a Bachelor of Arts Degree, Post Graduate Diploma in Community Counselling as well as Diplomas in: Herbal Medicine; Swedish Massage; and Aromatherapy. Prior to commencing at QEII she had, for many years, run her own business in counselling, stress management and aromatherapy. All of this while raising her family.

While at QEII Ros held multiple roles. From aromatherapist she became our contracted Employee Assistance Counsellor and in 2000 returned to nursing and was employed as a permanent part time RN. When her health began to deteriorate she did the first preadmission clinics and when that became too much she finished work at QEII in 2005.

We said goodbye to Ros with heavy hearts as her health was deteriorating. She was always a joy to work with and she made a significant contribution to the foundations of the quality service we provide at QEII today. Ros was much loved by family, friends and colleagues until her passing.

We were blessed to have known and worked with Ros and the privilege of that experience remains with us today.



CMS Wednesday Knitters



This volunteer group, established in January 2003, teaches new techniques and creative ways of knitting.

The group meets each Wednesday from 1:30pm at QEII Family Centre, 129 Carruthers Street, Curtin. New members are always welcome.

The group also runs market stalls at the Curtin shopping centre throughout the year. This photo was taken at their very successful annual Father's day stall held on Saturday 29 August.

As always, a creative collection of hand-made goods were on offer, including the knitter's renowned tea cosies, and a delicious array of home-made cakes and preserves. Well done to Wendy Saclier and team.

Proceeds from the CMS Wednesday Knitters activities support their group, the Canberra Mothercraft Society and the QEII Family Centre.

For enquiries, please email lynnejohnson@grapevine.com.au or phone 02 6205 2333.

Stay connected

For inclusions (photos, articles etc all welcomed for consideration) in upcoming editions of the newsletter, to opt out of the newsletter mailing list, to **SAVE PAPER** by receiving this newsletter electronically, contact Dorothy-Jane 'DJ' Gosper at info@cmsinc.org.au or phone (02) 6205-2322.

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Towards Healthy Families

Ija Mulanggari, Goodtha Mulanggari
Thriving Mothers, Thriving babies
[Ngunnawal meaning]

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