

Eyes Wide Open Program Objective:

To support young mothers in their pregnancy journey and educate them in what to expect when their baby arrives, how to care for baby and themselves, mindfulness, body image, breastfeeding and everything else involved in being a parent.

Problem Statement	Inputs	Outputs: Activities	Outputs: Participation	Short-Term Outcomes	Medium-Term Outcomes	Long-Term Outcomes
Mandurah City has a limited number of targeted, group based parenting intervention programs, that focus on improving the quality of parent-child social interaction and positive consistency of parenting, that are free and easily accessible.	<p>Client Focused</p> <p>Consider the cultural appropriateness</p> <p>Qualified and suitably experienced staff who stay aligned with the original program design in order to ensure positive results.</p> <p>Collaboration with partner organisations</p>	<p>Visits from guest speakers on development milestones. This can be conducted in many settings through a range of trained professionals.</p> <p>Knowledge of local therapeutic and community support services and referrals provided.</p> <p>Mental Health and self-care education through mentoring.</p>	<p>Pregnant Youth or Youth with babies aged 14-25 years.</p> <p>Youth from ATSI or CALD backgrounds.</p> <p>Youth who may be single parents or parents without family or community support.</p> <p>Youth who may have involvement with Juvenile Justice of Child Welfare Services.</p>	<p>Endorse help-seeking attitudes and improved parenting behaviour through awareness.</p> <p>Identify the needs of the child. Act on these needs appropriately.</p> <p>Keeping the child safe from harm.</p> <p>Understand child development.</p>	<p>Increase positive interaction between the parent and child.</p> <p>Understand and cope with the pressures of parenting.</p> <p>Enhance consistency in implementation of parent strategies.</p>	<p>Positive effects on cognitive, behavioural, health and education outcomes for the child.</p> <p>Build a positive parent-child relationship that positively influences the child's development.</p> <p>Understand the child's emotional development.</p> <p>Have confidence to be the best version of yourself.</p>

Theory Of Change:

Lack of support from family and community.

EWO aims to improve parenting skills and is directed at the parents through the use of positive parenting philosophies.

EWO incorporate behavioural, cognitive and developmental principals in the delivery of our programs.

EWO empower parental relationships and confidence through role modelling and knowledge sharing.

What we hope to change in the Youths lives:

Greater knowledge, skills, confidence, self-sufficiency and resourcefulness.

Promote a nurturing environment for the child.

Adoption of positive parenting practices.