



SUPPORTING TASMANIAN FAMILIES SINCE 1917.

Families Tasmania (formally Child Health Association Tasmania - CHAT) is a universally accessible organisation that focuses on providing a range of evidenced based services that support and empower families. Our mission is to empower Tasmanian families to build healthy lives through advocacy, education, community connections and support programs.

CAPACITY BUILDING AND COMMUNITY ACTIVATION

- The Family Food Patch program (FFP) – training for parents/carers/community workers with children 0-12yrs as peer educators in nutrition and physical activity. FFP builds foundation food skills and health literacy, improving knowledge and confidence in community advocacy.
- Social engagement opportunities for families including family walking groups, online networking and online forums. Place based parenting support and workshops.
- Community connectors – hosting multi agency community activation events; connecting and supporting rural and regional families
- Building and supporting fundamental parenting skills - information sessions, education and support.
- Tasmanian Community Food Led Recovery Coalition co-founder: shifting emergency food relief reliance to food security for all.

RESOURCES AND INNOVATION

Responsive and adaptive to community need through grassroots engagement. Evidenced based resources developed with an accessible, plain language and health literate lens. Including:

- Well Fed Tasmania food truck
- Kitchen ABC123 food literacy toolkit
- Food skills: activity sheets, 2minutes 'how to' recipe videos and postcards
- Being Active Matters 0-5yrs active play guide, posters and FFP activity postcards
- Building Healthy Smiles instructional flip chart and oral health 'key message' postcards

ONLINE ENGAGEMENT

• HMN Chat

Families Tasmania maintain and moderate the Facebook group HMN Chat. Our aim is to connect local mums to one another and the wider community by providing a safe place online to interact.

• Online parenting workshops

Throughout the year Families Tasmania will offer a number of online parenting workshops via Zoom to provide an accessible platform for isolated families to engage and connect. Topics include: 123 Magic and Emotion Coaching, Story Massage, Parent Child Mother Goose and more.

FIND OUT MORE:

Our new, exciting website is currently under construction. For more information or event details, please visit:
facebook.com/ChildHealthAssociationTasmania
<https://www.eventbrite.com.au/o/child-health-association-tasmania-13786015288>

EVIDENCED BASED

Practice aligned to Child and Youth Wellbeing Framework domains and National Preventative Health Strategy.

Accredited parenting programs using current best practice;

- Bringing up great kids
- 123 Magic and Emotion coaching
- Parent Child Mother Goose

All content shared and resources developed align with national guidelines:

- Australian Guide to Healthy Eating
- Australian Infant Feeding Guidelines
- 24hr Movement Guidelines

WHAT WE'VE ACHIEVED THIS YEAR



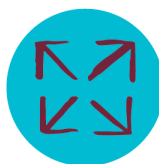
750 families
attended
information
sessions/events



143 events
facilitated



650 families
attended the
Havens



265 families
engaged over 66
interactive Virtual
haven sessions



600+ Stay Well
activity packs
distributed to
families across the
state



34 events attended
with the Well Fed
Tasmania food van



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Families Tasmania (formally Child Health Association Tasmania - CHAT) offers a wide range of resources, connections and opportunities for families to engage with useful tools to support healthy, happy lives. Across Tasmania we offer parenting programs, community events, online support networks and information pathways, workshops, and skills building for families

OUR PROGRAMS

- **The Family Food Patch program (FFP)**

Training for parents/carers/community workers with children 0-12yrs as peer educators in nutrition and physical activity. FFP builds foundation food skills and health literacy, improving knowledge and confidence in community advocacy.

- **Well Fed Tasmania Food Truck and Mobile Community Kitchen**

This innovative outreach resource is a mobile community kitchen and food truck, travelling Tasmania to promote eating nourishing food that is affordable, accessible, easy to make and, where possible, seasonal. It is used in our Family Food Patch training, in demonstration workshops and as an eye catching food truck at our community events, health promotion expo's and within childhood settings like schools and Child and Family Centre's – showcasing many of our FFP recipes and resources. Contact us to discuss attendance at your event.

- **Parenting Information, Support and Play**

Families Tasmania offer a wide range of parenting workshops, information sessions and guest speaker topics using quality, evidence-based and up-to-date information. We are available to visit your parent group, playgroup, school or community facility, and can tailor sessions to suit your needs. Topics include (subject to availability): Parenting your baby or toddler; parent wellness; family food and eating; introducing solids; lunchbox tips; development and behaviour; mindfulness; Stretch and Sing; Story Massage; active play ideas including kids yoga

- **Evidence based parenting programs**

Families Tasmania offer a range of parenting programs to support Tasmanian families which are approved for Communities for Children funding by the Australian Government's Australian Institute of Family Studies. These include:

- 123 Magic and Emotion Coaching
- Bringing Up Great Kids and Bringing Up Great Kids First 1000 days
- Parent Child Mother Goose

- **The Haven**

The Haven is your family space in the heart of the city. With plenty of room to sit and have a cuppa, for the kids to play or to meet with friends, new and old. We have a number of events on each week as well as plenty of time available for casual drop in sessions. 121 Macquarie St, Hobart.

- **Family Walking Groups**

Offered every Friday, at various locations around Greater Hobart. Chat with other parents as you enjoy some of the most scenic pram walks Greater Hobart has to offer. Great to ease back into exercise after baby

- **First Aid**

In partnership with Baby & Child First Aid Tas Families Tasmania offer affordable community First Aid for Infant and Toddler information sessions; giving confidence when it matters! Contact us to book one in your area.

- **Community Events**

We develop, host and participate in a wide range of community events. From expo's and festivals to Dad's Day Outs, Love in a Lunchbox to Sunshine Carol's in St David's Park. We work state-wide, fostering partnerships and networks with other like-minded organisations. We offer regular pop-up Picnic and Play events throughout the year across Tasmania. These inclusive events aim to bring communities together to share resources, connect with a number of services and promote eating well and active play - with delicious and nutritious free snacks from the Well Fed Tasmania food truck.