

# TEACHER FAMILY PARTNERSHIPS

## Exciting - New - Innovative - Program

### The Teacher Family Partnerships Program (TFP)

Today, there are many costly and stressful

#### **Challenges facing schools including:**

- Teacher overwhelm and burnout
- Inadequate and costly professional development
- Difficulty engaging parents and carers
- Lack of adequate funding for support

The TFP program has been designed to

#### **Support schools to achieve 4 key outcomes:**

- Teacher wellbeing
- Child development and wellbeing
- Ongoing parent/carer engagement and support
- Year-round access to flexible continuing professional development programs for teachers and other staff



#### **Teacher wellbeing**

Teacher shortages and high staff turnover rates have resulted in teacher overwhelm and burnout. Recognising the need for staff support programs, the NSW Department of Education has published the Staff Wellbeing Strategy 2024-2027. **Goal 1.2** is to **Improve the physical and psychological health and wellbeing of all staff** by providing all staff with a range of wellbeing programs, services and support to enable them to improve their physical and psychological health and wellbeing. **Teacher Family Partnerships (TFP) Program** includes several modules to provide education and resources to help teachers better manage their mental and physical wellbeing.

#### **Promoting employee and family wellbeing**

Navigating the many demands of work and family life is challenging and stressful. The **Teacher Family Partnerships (TFP) Program** resources teachers, school staff and management as well as the working parents/carers in the school community to support family wellbeing - understanding that success at home promotes success at work.

#### **Child development and wellbeing**

Children achieve the best outcomes – academically, socially and emotionally – when teachers and parents work together to support child development and wellbeing. However, it's not always easy to "be on the same page" when it comes to parents/carers and educators' expectations, approaches and relationships. The comprehensive **TFP Program** brings parents/carers and educators together to support child development and wellbeing by helping children to develop key skills including emotional regulation and problem-solving strategies to succeed in life.

#### **Continuing professional development**

Teachers play a significant role in their students' academics, social - emotional development and psychological wellbeing. The **TFP program** is a cost-effective and engaging program providing teachers with research, knowledge and practical strategies on topics such as behaviour management, effective communication and emotional intelligence. Engaging with the reflective practice activities for each module in the TFP program, supports educators to turn their learning into educational practice in their classroom and to link their professional development to the Teaching Standards, Proficient Teacher: Standard descriptors.

## How the program works

Schools sign up for the **TFP Program** and invite the parents/carers and employees at their school to register. After registering with one simple link, participants have access to three new topic areas each term with our **flexible delivery education model**:

1. 45-minute interactive live webinar plus 15-min Question and Answer
2. 24/7 access to the TFP Resource Centre (Learning Management System) with:
  - a. webinar replays
  - b. podcasts
  - c. articles
  - d. reflective practice activities- turning learning in educational practice

Topics in our yearlong TFP program support the achievement of key outcomes for children, teachers and parents & carers as outlined in Program Overview. Schools can continue the program after the initial 4-terms, as each new program contains new topics for ongoing professional development, year-round learning and family engagement.

### Parent Educator Partnerships Program 2026 Program Overview

TERM	MONTH	TEACHING STANDARDS (TS) STAFF WELLBEING (SW)	TOPIC
Term 1	February	TS 7.3.2, SW 1.2	<b>Setting Intentions:</b> Starting the year with clarity, confidence, and conviction
	March	TS 4.3.2, TS 7.3.2 SW 2.3	<b>Managing Behaviours:</b> Effective 3-step approach to managing all behavioral challenges
	March	TS 4.4.2, TS 7.3.2, SW 1.2	<b>General Wellbeing:</b> Self-care for adults and children
Term 2	May	TS 7.3.2, SW 1.2	<b>Getting Organised:</b> Strategies for managing work and family life
	May	TS 4.4.2, TS 7.3.2	<b>Supporting Child Safety:</b> Bully-proofing children
	June	TS 4.5.2, TS 7.3.2	<b>Managing kids screen time:</b> Strategies for safe technology use
Term 3	August	TS 1.1.2, TS 7.3.2, SW 1.2	<b>Emotional Regulation:</b> Helping children manage their emotions toddler to teen
	August	TS 7.3.2, SW 1.2	<b>Family Wellbeing:</b> Nutrition, exercise and sleep
	September	TS 3.5.2, TS 4.3.2, TS 7.3.2, SW 2.3	<b>Building Relationships:</b> Harmful versus nurturing communication
Term 4	October	TS 7.3.2, SW 1.2, SW 1.3	<b>Mental wellbeing:</b> Building positivity into family life
	November	TS 1.1.2, TS 7.3.2	<b>Empowering children:</b> Developing healthy self-esteem
	December	TS 3.3.2, TS 7.3.2	<b>Problem-solving:</b> Raising children to be proactive problem-solvers

Webinar session days and times are provided upon booking the program. The program can commence in any term.

## Who is the program for?

The program is designed for BOTH primary and secondary schools.

## How the program works – simple as 1...2...3

1. **ONE SIMPLE REGISTRATION:** Participants receive one link to register for the entire program. This registration provides participants with access to the TFP Resource Centre and all 12 webinar sessions. Participants can register at any time throughout the program.
2. **REMINDERS:** Each month, registrants receive a reminder 1 week, 1 day and 1 hour before each webinar with the link to join the webinar. Participants can join live and ask questions or access the replays on demand.
3. **REPLAYS AND RESOURCES:** After the live webinar all registrants receive a link to access the webinar replay and other resources in the Resource Centre (same link as step 1) and can share the resources with their immediate family members.

During the interactive webinar sessions participants receive simple and sustainable practical strategies to put into practice in their personal and/or professional lives. Webinars are **delivered via GoTo Webinar platform** which allows maximum engagement with polls, questions and comments - all in a safe and confidential online environment. Participant limit: Up to 500 participants on the **live** webinars. An unlimited number of registered participants can access the Resource Centre.



## Evidence-based comprehensive program

The Teacher Family Partnership program is evidence-based. Webinars and resources are developed by drawing on:

- significant findings from review studies and meta-analyses that summarise relevant bodies of knowledge
- the recent research across key wellbeing areas including psychological, social, emotional and physical areas of child development and family wellbeing.
- surveys of teachers, parents and carers to identify key areas for child development, continuing professional development and family wellbeing.
- reflective practice activities to support teachers' continuing professional development
- NSW Department of Education Standards, goals and strategies:
  - <https://education.nsw.gov.au/teaching-and-learning/professional-learning/teacher-quality-and-accreditation>
  - <https://educationstandards.nsw.edu.au/wps/portal/nesa/teacher-accreditation/meeting-requirements/the-standards/proficient-teacher>
  - <https://education.nsw.gov.au/about-us/strategies-and-reports/plan-for-nsw-public-education>
  - <https://education.nsw.gov.au/content/dam/main-education/documents/STGY002-Staff-Wellbeing-Strategy-2024-27.pdf>

## Program reporting

Each month, the school will receive a report on key program success indicators including the:

- number of registrants (educators and families) on the program
- program engagement for both live sessions as well as replays
- qualitative and quantitative feedback on the program effectiveness, and
- data on teacher program completion for continuing professional development as requested

## Investment



### THREE Comprehensive Programs - ONE Low Cost

- **Employee and Family:** Wellbeing Support Program
- **Teacher:** Continuing Professional Development
- **Parent / Carer:** Education and Engagement

### PLUS Bonus Session

**Developing Reflective Practice Skills:** Turning learning into classroom educational practice

### Special

This year-round cost-effective program is only **\$15,600**  
**\$13,000+GST (saving of \$2,600).**

For more information or to book a program please contact  
Dr Rosina McAlpine (MHEd, PhD)  
M: 0407 101 264



## What participants say about the program

- *Thank you once again for sharing valuable information for both our educators and families. Focussing on positivity really made me think about not only how I communicate with students, but also with our staff and my own family.*
- *Breaking the topic down into easy-to-manage steps has been very helpful. Thank you.*
- *Wish I had this information while I was parenting my children who are now in their 40s. However, I am now working with teenagers and am enjoying using these skills with other people's children. Thanks!*
- *I love the strategy of saying 'I can choose my emotions'. It is very helpful to let children know that we have the power of managing our emotions.*
- *I want to share a reflection from one of our educators who participates in all the webinars. Even if she misses the live webinar, she watches the replay. Since we started the program, I have seen a massive development in her self-reflections and how she applies the information gained from the session to guide her lessons and growth. I just want to say a BIG thank you for being a part of this journey of growth with our whole team.*
- *Having information and knowledge that can be practically applied at home, results in an improved and happier family life.*
- *Lots of good tips for dealing with my sons and I have seen a noticeable effect on their overall behaviour.*

## Teacher Family Partnerships video overview

Learn more about the **Teacher Family Partnerships Program** by watching a comprehensive video overview of the program by the program designer, Dr Rosina McAlpine at <https://www.teacherfamilypartnerships.com/>

## Program developer and facilitator

<p><b>Dr Rosina McAlpine</b> <i>BCom, MCom (Hons), MHEd, PhD</i></p>	<p><b>Dr Katharina Kariippanon</b> <i>BHSc, MIPH (Hons), Cert IV Train &amp; Assessment, PhD</i></p>
 <p>Dr McAlpine is the <b>founder, designer and creator of the Teacher Family Partnerships program</b>. An award-winning researcher and educator she brings over 30+ years of experience in education across tertiary, school and early childhood education sectors.</p> <p>Dr McAlpine has edited and authored several books including <b>Inspired children: How the leading minds of today raise their kids</b>, as well as 7 life skills eBooks supporting children to develop key skills for life success including: Communication skills, self-esteem, emotional regulation and relationship building to list a few. Dr Rosina is a highly regarded parenting educator and family wellbeing expert and her programs are delivered in Australia and internationally.</p>	 <p>Dr Kariippanon is a <b>senior facilitator on the Teacher Family Partnerships program</b>. She brings a wealth of knowledge, skills, an extensive research record across early childhood, primary, secondary and tertiary education sectors.</p> <p>Dr Kariippanon has expertise in developing and teaching public health and social science curriculums and assisting students to develop research, writing and study skills within linguistically diverse contexts. Her school experience includes examining the effects of flexible learning spaces on teaching, learning and student wellbeing and leading a team of health promotion staff from NSW Health to evaluate a school-based physical activity intervention in NSW schools, in partnership with the NSW Dept. Education.</p>

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