



Parents are the ultimate role models for children. Every word, movement and action, has an effect. No other person or outside force has a greater influence on a child than the parent.

– Bob Keeshan

## Invitation to the SAPPIN Wellbeing Research Webinar



We are thrilled to invite you to an exclusive webinar where we will be sharing the valuable findings from the **SAPPIN Wellbeing Research Study**. This pivotal research, conducted by the South African Parenting Programme Implementers Network (SAPPIN) in collaboration with our members, delves into the emotional wellbeing of staff working in violence prevention and parenting programmes.

**Date:** 14 May 2025

**Time:** 11h00 – 13h00

**Platform:** Zoom – <https://us02web.zoom.us/meeting/register/DcEOZc63QyeGs3GZ1HXQkw>

## Why Attend?

- **Discover Key Insights:**
  - ☑ Learn about the unique challenges faced by staff working in the parenting programme sector, including quantitative findings on their Professional Quality of Life, and contributors to experiences of burnout, secondary traumatic stress, and moral distress.
  - ☑ Gain valuable insights into practical and effective implementer-endorsed solutions to support your staff's wellbeing, ensuring a healthier and more productive work environment.
- **Engage with Frontline Implementers and Help Drive Next Steps:**
  - ☑ Hear directly from frontline workers who contributed to this study, and participate in the conversation about ways to improve staff wellbeing and professional quality of life.
  - ☑ Connect and engage with implementers, managers, board members, government representatives, and funders who are committed to fostering a supportive and sustainable work environment for those dedicated to social change.

## Highlights of the Webinar

- **Recommendations for Action:** Gain actionable insights and recommendations to enhance staff support and wellbeing within your organisation or the organisations you support.
- **Reflective Supervision:** Hear about the value of Reflective Supervision and an implementer-led call for Reflective Supervision support.

Join us in this important conversation to ensure the well-being of those who tirelessly work to create a safer and more nurturing environment for families across South Africa.

**Register in advance for this meeting:**



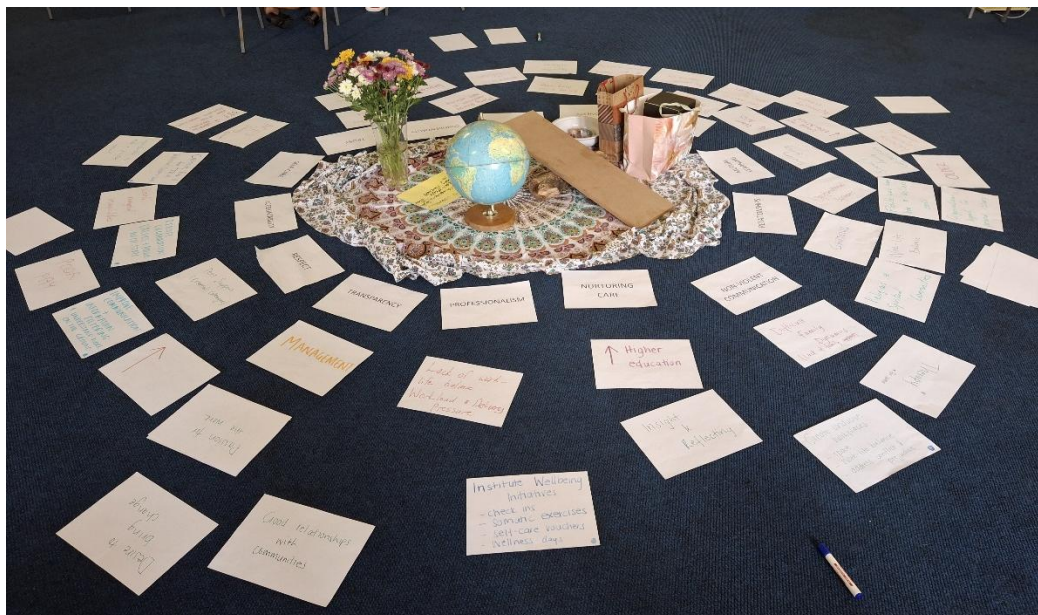
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After registering, you will receive a confirmation email containing information about joining the meeting.

We look forward to your participation in this transformative event!

**Strengthening Systems, Deepening Relationships:  
Reflections from the March 2025 SAPPIN Meeting  
– Ububele, Kew, Johannesburg**



In March 2025, SAPPIN members gathered in Johannesburg for two days of deep engagement, strategic conversation, and meaningful reflection. As our 13th meeting and the fourth since becoming a registered entity, this gathering highlighted the collective strength of our network and the power of our shared vision—to support parents in building nurturing, non-violent homes for children.

The event welcomed new organisations, including The Character Company, Wordworks, and Life Choices, bringing fresh expertise in mentorship, early literacy, and youth development. These additions reflect SAPPIN's commitment to diverse partnerships and holistic parenting support.

A central theme throughout the two days was the importance of systems change in parenting and family strengthening. From the evolution of the Fatherhood Community of Practice (COP) to deeper advocacy with government and funders, participants explored how SAPPIN can support collaboration across sectors and scale effective parenting interventions.

### **Reflections on Research and Wellbeing**

The presentation of the SAPPIN Wellbeing Research Report sparked rich conversations about emotional health, burnout, and the lived experiences of frontline staff. Participants identified key challenges—burnout, lack of reflective supervision, and limited resources—and collectively brainstormed ways that SAPPIN could offer support.

The message was clear: when NGO staff feel well, supported, and valued, they are more effective in supporting families and children. This insight will guide future wellbeing interventions, and SAPPIN will continue to seek ways to support organisations both individually and collectively.

### **SAPPIN's First AGM: A New Chapter Begins**

For the first time, SAPPIN held its official AGM as a registered entity. The meeting reviewed financials, adopted key changes to the constitution, and welcomed a new Board Secretary, Carmen Abdoll. These developments mark an important milestone in SAPPIN's journey as an independent organisation with strong governance and growing strategic impact.

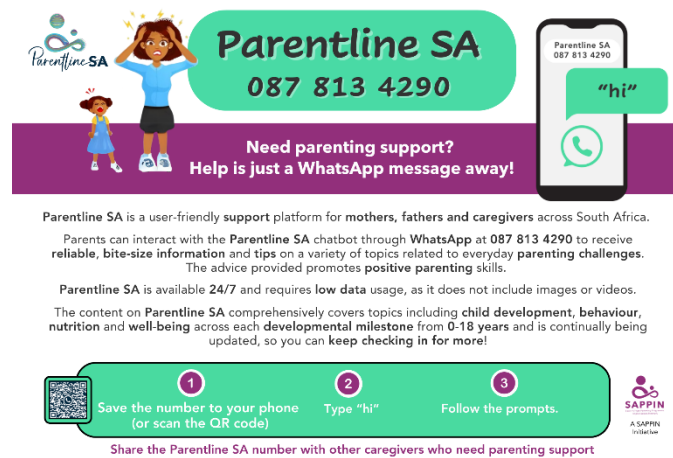
### **Looking Ahead**

This meeting was more than just a status update—it was a moment of convergence, reminding us of the strength in our diversity and the shared commitment to change. It highlighted the pressing need to invest in systems that support both children and the people who care for them.

As we move forward, the insights gained and relationships strengthened during the March 2025 meeting will continue to shape our path. Thank you to everyone who contributed so generously. Together, we are building a future where every child has the support they need to thrive—and that starts with empowered, supported parents.



## ParentlineSA Update: Development Complete and Ready for Growth



The graphic shows the Parentline SA logo, a woman holding her head in her hands, and a smartphone displaying the chatbot interface. The chatbot interface shows the number 087 813 4290 and a 'hi' message. Below this, a QR code is shown next to a three-step process: 1. Save the number to your phone (or scan the QR code), 2. Type 'hi', and 3. Follow the prompts. The SAPPIN logo is also present.

**Parentline SA**  
087 813 4290

Need parenting support?  
Help is just a WhatsApp message away!

Parentline SA is a user-friendly support platform for mothers, fathers and caregivers across South Africa. Parents can interact with the Parentline SA chatbot through WhatsApp at 087 813 4290 to receive reliable, bite-size information and tips on a variety of topics related to everyday parenting challenges. The advice provided promotes positive parenting skills.

Parentline SA is available 24/7 and requires low data usage, as it does not include images or videos. The content on Parentline SA comprehensively covers topics including child development, behaviour, nutrition and well-being across each developmental milestone from 0-18 years and is continually being updated, so you can keep checking in for more!

1 Save the number to your phone (or scan the QR code) 2 Type "hi" 3 Follow the prompts.

Share the Parentline SA number with other caregivers who need parenting support

SAPPIN  
A SAPPIN initiative

We're excited to announce that all platform development for ParentlineSA has been completed. Here are the key updates:

### New Platform Features

- **Organisation Self-Registration:** Service providers for parents can now self-register directly on the platform
- **Automated Content Upload System:** Currently in testing phase, this will significantly reduce the time needed to publish new content
- **Expanded Age Range:** Parenting resources now cover children from 0-18 years (though content for older age groups will be expanded in the coming month)

### Plans for the Coming Year

- Add specialised content on child-focused responses to abuse
- Develop resources for child safety online
- Enhance backend data analytics to:
  - Improve content relevance
  - Optimise menu navigation
  - Track geographical usage patterns

### Referral System Progress

The referral system has received three in-person requests so far. We're carefully monitoring each case to ensure the system works properly and users receive the assistance they need.

### Promotional Materials

A comprehensive media pack will be distributed to all members next week, including:

- Presentation slides (JPG format) for training, websites, and presentations
- Printable pamphlets in various sizes for beneficiaries
- Posters in multiple sizes for display in parent-frequented areas
- Social media posts to use on WhatsApp, Facebook Messenger, and other social media sites

## Call to Action

To grow our user base, we need all network members to:

1. Engage with the chatbot personally to become familiar with its capabilities
2. Actively promote the service to your beneficiaries
3. Use the media pack when we share it on the website
4. Feel free to engage with us with suggestions and comments.

## Empowering South African Families and Communities Through Parent Support Programmes at Business Sites across South Africa



The DO MORE FOUNDATION exists to inspire collaborative partnerships that create better tomorrows for South Africa's young children. Central to this mission is the EAT LOVE PLAY TALK (ELPT) programme — a community-driven parenting initiative rooted in evidence and playful adult learning methodologies.

ELPT delivers public health messaging in an interactive, non-didactic way, empowering caregivers to make small, meaningful habit changes that support healthier nutrition and stronger caregiver-child relationships. It is intentionally designed to meet parents where they are — including the workplace.

Over the past year, ELPT has gained momentum in business contexts, with successful implementations in settings like Rainbow Chickens (Palala Hatchery and Rustenburg), Rainbow Worcester, and Siqualo Foods in Boksburg. These collaborations allow the programme to reach employees who are also caregivers, equipping them with practical tools to support their children's development through nutritious choices and playful connection.

At the heart of the Foundation's work is the belief that when you uplift the life of a young child, you transform the household — and by extension, the community. Households and communities are thus viewed as vital partners in development, and the Foundation works to strengthen their capacity through initiatives focused on food security, youth and economic development, and early childhood development.

### **What is the benefit to employees?**

When employees adopt what they have learned, it can improve their overall well-being and foster stronger family bonds through engagement around healthy food choices. This, in turn, can influence employee engagement, increase job satisfaction, and equip employees to better manage their personal lives, ultimately reducing disruptions and distractions at work, and creating a more productive and harmonious work environment.



#### **Feedback from the trainer**

*"The sessions were amazing, it was great to see how many men there were in the room. The group was so engaged and most participants looked super keen to participate" - **Renee Leighton***



#### **Feedback from a participant**

*"It was brilliant, it was fantastic! What we have learned today is fundamentals skills that us as parents can take away and implant at our communities. Especially targeting the little ones, thank you so much." - **Operations Manager***

The ELPT programme is intentionally playful and participatory, encouraging caregivers to address community beliefs about food and parenting with care, curiosity, and cultural sensitivity.



As the DO MORE FOUNDATION looks to expand this vital work, it invites other NGOs, funders, and corporate partners to join them in training more master trainers, supporting more caregivers, and unlocking more playful, purposeful learning for the next generation.

## **Promoting Gender Transformation in Parenting Programmes – Prevention Collaborative Training**





Between 2024 and February 2025, twelve SAPPIN member organisations participated in a groundbreaking training facilitated by the Prevention Collaborative. This training aimed to promote gender transformation in parenting programmes and was especially innovative, as it marked the first time the Collaborative delivered the training to an entire network.

While the practical implementation of gender-transformative approaches was clear for individual organisations, applying these principles at a network level sparked fresh insights and new initiatives. Key themes that emerged included the importance of shared responsibility, being intentional about reaching underserved communities, and pooling resources such as M&E tools, materials, and reflective supervision practices.

A critical area of reflection was the need to explore and understand intersectionality before implementing gender-transformative programmes. The training not only deepened understanding but also inspired tangible collaboration—two SAPPIN organisations began working together within the same community, and two others aligned their separate programmes to maximise impact.

We extend our sincere thanks to Lena, Crystal, and Cheza from the Prevention Collaborative for offering this valuable learning opportunity to the SAPPIN network.

### **New Pilot Programme: Positive Parenting Skills Programme for Alternative Care (PPSPAC)**



The Parent Centre is privileged to announce a new pilot programme called the **Positive Parenting Skills Programme for Alternative Care (PPSPAC)**, funded by the World Childhood Foundation. This innovative initiative is designed to support the Adoption and Foster Care sector—benefiting parents, staff, and children alike. Recognising that families in alternative care often face unique challenges, the programme addresses the need for specialised assistance in navigating the dynamics of caring for non-biological children alongside biological ones.

As part of PPSPAC, the Parent Centre is introducing an intensive **Positive Parenting Skills Training** component. This training focuses on equipping parents and caregivers with evidence-based strategies and practical tools to create nurturing, supportive environments. Participants will engage in interactive workshops and hands-on sessions that cover essential topics such as effective communication, behaviour management techniques, and fostering strong, empathetic relationships. The training is designed not only to boost the confidence of parents and caregivers but also to enhance the overall well-being and adjustment of children within alternative care settings.

In the second year of the pilot, PPSPAC will expand to include child participation interventions—ensuring that the voice of the child is heard—and develop additional staff support frameworks for agencies, homes, and organisations. To ensure the programme meets the evolving needs of the sector, the Parent Centre is reaching out to numerous organisations to gather insights, adapt materials, and offer tailored training, counselling, and support. Training and counselling costs are covered by the funding, with the World Childhood Foundation committing an initial 3-year investment.

For more information or to get involved, please contact Carmen De Vos, the PACES Manager, at [paces@theparentcentre.org.za](mailto:paces@theparentcentre.org.za), or Jonathan Hoffenberg, Programme Manager, at [progmanager@theparentcentre.org.za](mailto:progmanager@theparentcentre.org.za). The Parent Centre is eager to extend its reach beyond Cape Town, forming partnerships along the Garden Route and potentially on a national scale. Join us in shaping a brighter future for families in alternative care through positive parenting.

## ADVOCACY UPDATE | MARCH 2025

Driving Systems Change Through Unified Action for Children and Families



*“Saving our planet, lifting people out of poverty, advancing economic growth... These are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security, and women’s empowerment. Solutions to one problem must be solutions for all.” — Emma Watson*

At the March 2025 SAPPIN meeting, the Advocacy Pillar was once again at the forefront of discussions—reflecting on both the progress made and the persistent challenges faced throughout the past year. While 2024 brought moments of inspiration and momentum, it also reinforced the complexity of systems change within the parenting and caregiving space.

Throughout the year, SAPPIN actively participated in engagements at international, national, and provincial levels, championing the call for universal parenting support across the life course of the child. Key activities included contributions to strategic policy frameworks such as the UN Special Rapporteur’s report on the Right to Development, the South African National Strategy to Accelerate Action for Children, and the Bogotá Global Ministerial Conference to End Violence Against Children as well as collaborating with national Department of Basic Education, Institute of Security Studies and Cornerstone to initiate dialogue between government stakeholders and resource allocation.

What remains clear is that despite growing global and national attention, the parenting and caregiving agenda continues to be fragmented across sectors. The siloed nature of service delivery presents ongoing challenges to integration. However, as Emma Watson’s words remind us, solutions must be interconnected—because functioning families are foundational to positive child development outcomes.

### **Key Takeaways from the March Dialogue:**

**Accountability & Messaging:** There is a growing recognition of the need for civil society to hold government accountable while remaining focused, strategic, and united in its messaging.

**Sector Alignment:** The dialogue highlighted the importance of organising civil society efforts and avoiding competitiveness in favour of collaborative impact.

**Next Steps Under Review:** SAPPIN is currently evaluating its advocacy strategy and will convene a working committee in May to define the next phase of action. To lead provincial coordination and resource mobilisation for long-term work.

**Provincial Engagements:** Opportunities for advocacy mapping and coalition-building have been identified in the Western Cape (leveraging the DSD Family Strengthening initiative) and in Gauteng where a comprehensive stakeholder landscape review could be a priority. The Families4 Children efforts will also be fully supported by SAPPIN.



### Spotlight on Member Action: Families4Children (KwaZulu-Natal)

An inspiring ongoing case study was shared by Operations Director, Robyn Hemmens, from SAPPIN member Dlananathi, who is part of the Families4Children consortium in KwaZulu-Natal. In January 2025, the consortium convened a workshop bringing together stakeholders from the Early Childhood Development (ECD), health and non-profit sectors to explore strategies for achieving the health system's policy commitments to support parenting and nurturing care. Despite policy clarity, what remains missing is a coordinated, sustainable sectoral response—one that plans, resources, delivers, and monitors a comprehensive suite of parenting and caregiver support services from conception to school entry.

The discussions at the SAPPIN meeting reinforced the urgent need to expand on a systems-based, universally accessible package of parenting support services—especially targeted at the most marginalised caregivers. Specific targeted advocacy messages are key for success, but it is important that these messages are designed and developed with the community. Advocacy at levels of community, province and national were also highlighted as essential to raise awareness, ensure advocacy is locally owned and based on sustainability, wellbeing and equity for communities.

SAPPIN remains committed to building a unified voice for parenting and family support in South Africa, grounded in systemic solutions, collaborative leadership, and inclusive impact.

#### For more information:

- **Wilmi Dippenaar**, Director, SAPPIN: [wilmi@sappin.org.za](mailto:wilmi@sappin.org.za)
- **Rachel Rozentals-Thresher**, Executive Director, Dlananathi /Families4Children: [rachel@dlalanathi.org.za](mailto:rachel@dlalanathi.org.za)

### Opportunity:

## Co-parenting Workshop in Cape Town



# CO-PARENTING WORKSHOP FOR WORKING PARENTS

*"This training will help parents to understand the nuts and bolts of co-parenting. We try to focus on the best interest of the child, which is to have a connection with both parents, irrespective if the parents get along or not."*

### WHAT YOU NEED TO KNOW

- **Days:** Saturdays
- **Dates:**  
31 May 7, 14, 21 June 2025
- **Times:** 09:00-12:30
- **Venue:** 22 Wetton Road,  
Wynberg, Cape Town
- **Cost:** R1650 (30 May 2025)  
**Early Bird:** R1150 (30 April)



### COURSE OUTLINE

- Session 1 :** Self Awareness of the co-parent
- Session 2 :** Introduction to co-parenting
- Session 3 :** Challenges in co-parenting
- Session 4 :** The way forward



To Register contact:  
Ester Wilson 021 762 0116  
[ester@theparentcentre.org.za](mailto:ester@theparentcentre.org.za)

## Advocating for Children with Special Needs



Ububele Executive Director, Esther Chunga, was on the Clement Manyathela show on Radio 702 talking about parenting children with special needs. The conversation really brought forward lived realities of parents raising children who need extra care and support, including, challenges with school placement, financial burden, and lack of support.

You can listen to the interview here: <https://www.primediaplus.com/family-matters-parenting-a-child-with-special-needs/>

Please don't forget to support SAPPIN on social media

