

Being a Parent - Together

The Quad, Green Wrythe Lane, Carshalton, SM5 1JW. Thursday 18th Jan'24 - Thursday 28th Mar'24 6pm - 8pm

Being a Parent - Together is a version of the Being a Parent programme, that has been adapted for couples and main carers who co-parent their children, aged 2-11 years, and who want to attend a parenting course together.

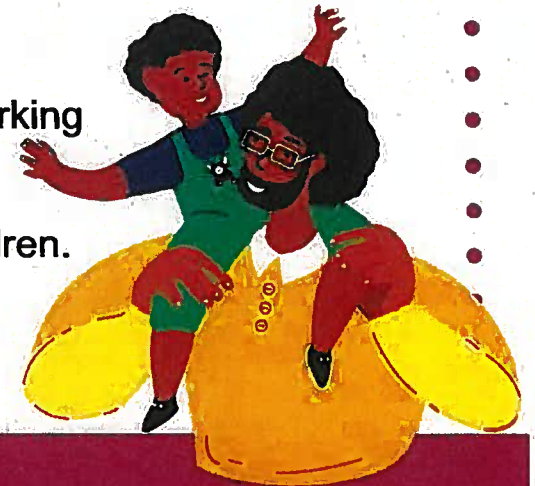
Parenting and the pressures of everyday life, can be stressful at times and can sometimes lead to conflict between parents.

Parents may have different views on parenting or they may be concerned about disagreements or quarrels and unresolved difficulties in their relationship that are affecting their parenting.

This course aims to make mothers and fathers welcome together.

It focuses on how mothers and fathers can transform the lives of their children by working and learning together.

The course improves family relationships which produces positive outcomes for children.



Course content

Coffee/Information session

- Learn about what is covered during the course
- Meet the programme facilitators
- Sign up for the course

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect parent'
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Stating the positive

Session 3: Play

- Expressing feelings
- Child-led play - Special Time

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding Children's Behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Teamwork and Household Rules

Session 6: Discipline Strategies

- Instructions, consequences, rewards and star charts
- Understanding what we mean by boundaries
- Saying No and withdrawing attention

Session 7: Discipline Strategies

- Time out
- Communication
- 'Open and Closed' questions

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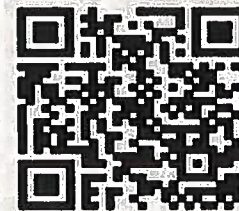
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Session 8: Review and Support

- Communication styles
- Reflective listening

Session 9: Review and support

- Coping with stress
- Reviewing the course and further support
- Ending and celebration



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