

Take 3

Skills and strategies to support parents to deal with challenging teenagers

How long?

10 week course | Two hour sessions

The course will cover:

- Nurturing young people
- Using boundaries effectively
- Looking after yourself
- The four styles of parenting
- When adults disagree
- Talking with young people about sexual health
- The power of listening

"If you always do what you have always done, then you will always get what you've always got"

Strengthening families, strengthening communities

Aims to improve parenting skills and therefore reduce the risk of poor behaviour

Age range

Parents and carers of children aged 3-18 years-old.

How long?

13 week programme | Three hour sessions

The course will:

- Promote and reinforce positive approaches to parenting (such as good communication between parent/carer and child)
- Strengthen family relationships
- Give information on child development
- Encourage development of listening and communication skills
- Address problem solving and conflict management
- Encourage use of praise/reward

The course deals with 5 areas:

- Cultural and spiritual
- Rites of passage
- Enhancing relationships
- Positive discipline
- Community development

Parents/carers receive a parent workbook and a certificate on completion of the programme.

Other parenting programmes include:

123 Magic

A programme for parents/carers with children/young people with ADHD

All programmes provide parents/carers with practical advice and skills and offer opportunities to meet with other parents in an informal setting to share their experiences. Refreshments are provided and childcare can be arranged.

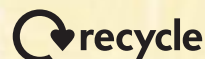
Get in touch

If you would like more information about any of these programmes, how to refer and when they are running you can:

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Parenting Support



Parenting can seem like the hardest job in the world, but you are not alone!

Information for Practitioners

This leaflet has been designed to provide you with some information about the main Evidence based Parenting Programmes that are delivered within Nottinghamshire County.

Who are the programmes for?

The programmes support dads, mums, grandparents and carers who would benefit from developing their parenting skills through a group approach.

How do parents/carers access the programme?

Parents/carers can be nominated onto a parenting programme by any professional known to them.

Where do they happen?

Programmes can be delivered from a variety of settings including children's centres, schools and community venues.

Who delivers the programmes?

Programmes are facilitated by trained practitioners from a range of services.

Quotes:

"Doing this course has made a big difference to me and my son - I'm not saying that everything is rosy, but now it is a lot better than it was."
(Incredible years).

"It sums up all the things needed in a happy family - something we strive to achieve".
(Strengthening families).

"I feel very confident about being a parent now and it has been nice to get back to basics. Playing with my children, special times"
(Mum of four children)

The Incredible Years

Devised by Carolyn Webster-Stratton, PH.D.

Pre-school programme and school age programme available.

For all parents/carers

The incredible years focuses on parents/carers with young children.

Age range

Parents and carers who have a child between the ages of 3-12 years.

How long?

12 week course.
Two hour sessions.

The course focus is:

- Sharing and learning new skills in managing children's behaviour
- Learning to enjoy your child's company more
- Building parents/carers confidence
- Strengthening relationships
- Having fun

On the course we:

- Share ideas
- Build your confidence
- Watch video clips
- Have hands-on practice
- Show you how to make things (e.g. reward charts)
- Provide group support
- Give you information to take home
- Have fun!

Handouts/materials are given and a certificate is received on completion of the programme.

Strengthening families programme 10-14 (UK)

For parents/carers and young people

Focuses on reducing family-related risk factors for adolescent problem behaviour and strengthening family relationships

Age range

Parents/carers and children/young people aged 10-14 year olds.

How long?

Seven session programme (with possible follow up booster sessions). Two hour sessions.

The course will cover:

- Parenting skills, to help parents/carers protect their children from becoming involved in outside negative influences
- Modelling of appropriate skills
- Encouraging and supporting families to work together to look at their own family values and strengths
- Enabling families to look at ways to address difficulties
- Supporting and enabling parents/carers to be more able to show affection, and set appropriate limits for their children
- Helping children gain social skills with peers and learn the ability to resist negative peer influences

Parents and children attend separate skill building sessions for the first hour and spend the second hour together in supervised family activities.

The parent and child/young person sessions offer parallel content and the family sessions provide an opportunity to re-enforce and practice skills.

Parents/carers and young people take away what they make in the family sessions and other useful materials and games. Families receive a certificate on completion.

"We are strong families who care about each other and have fun together"