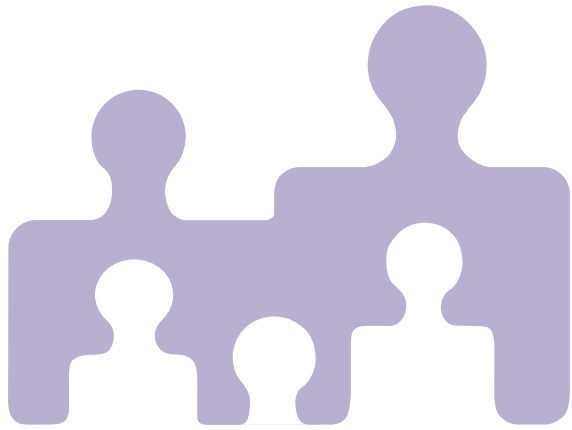


parents advice centre

The Parenting Education Project





Parents Advice Centre

Parents Advice Centre (PAC) is a unique parent support organisation, which has been offering services to parents in Northern Ireland for 30 years. The work is based upon the premise that children's lives are inextricably linked to their parents.

Mission

To support families.

Vision

Our vision of the future is one where parenting is highly valued, and family member receive the support and resources they need to provide a happy and safe environment in which children and young people can achieve their potential.

Parenting Education Project

The Parenting Education Project offers specialist and focused programmes to groups of parents and practitioners in Northern Ireland. Our guiding principle is that all parents should be valued, supported and offered universal and accessible services. Our training team is based in our Belfast and Derry branches, and we offer courses to groups of parents and practitioners in their own community or to individual parents who come together for courses in our branch offices.



“Pick N Mix” Parenting Education Courses for Groups

Tailor Made Courses:

Groups are invited to opt for a tailor made programme chosen from the list of topics to suit the needs of your group.



- ✓ Pre-school 0 - 4 yrs
- ✓ Primary 5 - 11 yrs
- ✓ Teens 12 -18 yrs

Each Session is approximately 2 hours and programmes average 4-6 weeks.

Parenting Styles ✓ ✓ ✓

How do we learn to be parents and do our life experiences affect our parenting styles? The session looks at learned behaviour we have developed. How do we change our thinking to break unhelpful patterns of parenting?

This session is adapted according to ages of children.

Ages and Stages of Development ✓ ✓

Aim to help parents understand the basic development of their child, and help them to identify realistic expectations for the different ages and stages as well as understand why they behave in a certain way.

The Value of Play ✓ ✓

Through play, children learn about the world in which they live. It teaches socialisation, sharing, concentration, confidence and self-discipline. This session demonstrates the important role a parent can have encouraging and joining in with your child as they play.

Building Self Esteem ✓ ✓ ✓

All children can from time to time lack self-esteem. It can effect how they make friends, their schoolwork and their overall confidence. This session will concentrate on ways to encourage, communicate and develop a more confident child. *This session is adapted according to the ages of children*

“Pick N Mix” Parenting Education Courses for Groups

- ✓ Pre-school 0 - 4 yrs
- ✓ Primary 5 - 11 yrs
- ✓ Teens 12 - 18 yrs

Stress Management ✓ ✓ ✓

All parents can feel stressed from time to time, but if it's affecting your family life, this session will help you to recognise when you are stressed, the triggers and practical tips to manage stress levels in families.

Bullying ✓ ✓ ✓

Bullying can have a very negative long-term impact on a child. This session addresses who bullies, who can be bullied, the effects of bullying and who has responsibility to the child.

Assertiveness ✓ ✓

“I don't know how to say no!”

This session is for parents who feel they are not in control in their own home. It will help build to your confidence, and to like yourself more, which means sometimes you have to make a stand, but long term the effects are for happy family dynamics.




Listening – with your child ✓ ✓ ✓

This session looks at the many ways to help parents really listen to their children, hear what they are saying and help to reduce misunderstandings, possible conflict and promote healthy communication.

Talking with your child ✓ ✓ ✓

Talking is the key to communication. This session will help parents open channels of communication, give practical tips on how to talk with your child and encourage your child to talk to you, particularly when they need you most.

“Pick N Mix” Parenting Education Courses for Groups

-  Pre-school 0 - 4 yrs
-  Primary 5 - 11 yrs
-  Teens 12 - 18 yrs

Risk taking behaviour

This is a trait that many teens display. Their behaviour is worrying and can put a strain on relationships between parents and teenagers. This session will help you understand why teens take chances and give practical tips to parents on how to survive the teen years.

Teens

This is a time when parents wonder ‘where has my child gone?’, “who is this new person”. This session offers parents an opportunity to understand teen behaviour and changing personalities, and provides encouragement to help their personal development.

Managing Children’s Challenging Behaviour

This is a quick overview of the many practical ways of understanding children’s challenging and difficult behaviour. Parents will be given practical tips and advice that will have long lasting effects for a happy healthy child.

Impact of trauma

A traumatic event is something that is outside the normal range of things that we might expect to happen to us. This course will focus on the parents behaviour to help them address the impact of the trauma on their parenting style and family relationships.

Problem solving

As a parent a key skill is asking whose problem is this anyway? Resist the practice of taking on other peoples problems and understand that usually whoever asks owns the problem.

Dealing with anger

The course is suitable for those parents who need help with their anger management. This session will look at anger management techniques and help you identify anger triggers.

All focused programmes are specially designed to address particular issues. The courses are practical, educational and informative to both parents and practitioners.



Handling Teens

Parenting Apart

Alternatives to Physical Punishment

Managing Children's Challenging Behaviour

Family Conflict

Parent's Anger Management Programme (PAMP)

Positive Parenting

Flatpack Guide for Fathers

Handling Teens

This 6 week course is ideal for those in a parenting role of young people aged 12-18 year olds, and covers a range of themes including problem solving, understanding teen behaviour, managing boundaries and talking to teens about tough issues etc.



Parenting Apart

This 6 week programme is aimed at parents who have separated, are separating, divorced or thinking of divorce. The course will provide practical advice and guidance on what children need to know, and what parents can do to meet their needs.

Alternatives to Physical Punishment

This programme encourages parents to look at their style of discipline, and explores the differing attitudes towards physical punishment of children. We also look at relevant legislation, the use of law and current developments.



Managing Children's Challenging Behaviour

Children's behaviour is as unique as the individual child. This 4 week course will help you to understand why children can be disruptive and it will give you practical tips on how to deal with challenging behaviour and how to reinforce positive behaviour.

Family Conflict

This addresses parental conflict and its impact on children

It is normal for relationships to go through stages of change and many parents living together or apart have to cope with conflict in their relationship. This 4 week course aims to equip parents with information, skills and confidence to deal with conflict issues and reduce their impact on children.



Parents' Anger Management Programme

"Have you ever regretted the way you have acted with your children when angry"

This 8 week course gives parents the chance to take time out to work towards positive changes in a supported group setting. This programme is designed to be stimulating and challenging, whilst handling your own anger issues.

Positive Parenting

This 6 week course is developed to emphasise all the relevant principles of positive parenting, offering practical tips and ideas for each individual parent and their personal circumstances. It is interactive and will give parents an opportunity to make friends and build a support network.



Flatpack Guide for Fathers

This 4 week course is offered to fathers and designed and planned to emphasise their important role within the family. Courses are flexible to accommodate varying timetables. It is interactive, fun and an opportunity for dads from all backgrounds to build a support network.

Workshops

All workshops lasts for 3 hours. They are a snapshot of the full programme, and provide an ideal opportunity for practitioners to re-cap on their skills or parent groups to identify a subject they wish to possibly extend to a weekly programme.

Workshop topics include:

Managing Children's Challenging Behaviour

Alternatives to Physical Punishment

Parents Anger Management Programme (PAMP)

Handling Teens

Parenting Apart

Family Conflict

"The Parenting Education project offers training to groups of practitioners who work directly with parents and carers"



The Helpline Freephone 0808 8010 722

This is a telephone and face-to-face service offering support and guidance to parents and young people with families difficulties.

Monday and Wednesday 9am to 4pm, 7pm to 9pm

Tuesday and Thursday 9am to 9pm

Friday 9am to 5pm

Volunteers

If you have substantial parenting experience and/or significant experience of working with families and can make a commitment of at least 4 hours a week, we will provide accredited training, ongoing support and a real challenge!

The Men's Project

Seeks to increase awareness of the issues facing men and boys and to promote their social inclusion by creating networks and promoting cooperation, researching local needs, collating resources initiating practical actions, lobbying decision-makers, recommending future strategies.

Parenting Forum Northern Ireland

The Parenting Forum Northern Ireland is a network of individuals and organisations interested in parenting and promoting the well being of parent and child. It provides a platform for the needs and aspirations of parents to be heard. One of the key work aspects of the forum is to facilitate parent consultations around issues, which include education, childcare and health. The findings are used by those who are planning family services.

Request Form

Request form for information session, workshop or course

Name of organisation	
Number of participants (For workshops and courses there is a minimum requirement of 6 people before a course can take place and a maximum group size of 14)	
Type of audience (e.g. fathers, young mothers, practitioners)	
Topics of particular interest (Refer to attached list of topics)	
Proposed date(s) for information session / workshop / course	
Alternative date(s)	
Length of course (i.e. number of sessions)	
Time of meeting(s)	Start: Finish:
Contact Person	
Address	
Telephone number	
Daytime	
Evening	
Signed	

Please return to: Patents Advice Centre
Parenting Education Project, ~~Franklin House~~
~~12 Brunswick Street Belfast BT2 7GE~~

Booking Forms

For a booking request form or further information contact the:

Parenting Education Project

Parents Advice Centre

~~Franklin House~~

~~12 Brunswick Street~~

~~Belfast~~

~~BT2 7GE~~

Tel no: 02890 310891

Email: sharonr@pachelp.org

Web: www.parentsadvicecentre.org/project/parenting

Charity No. X0492/80

Parents Comments

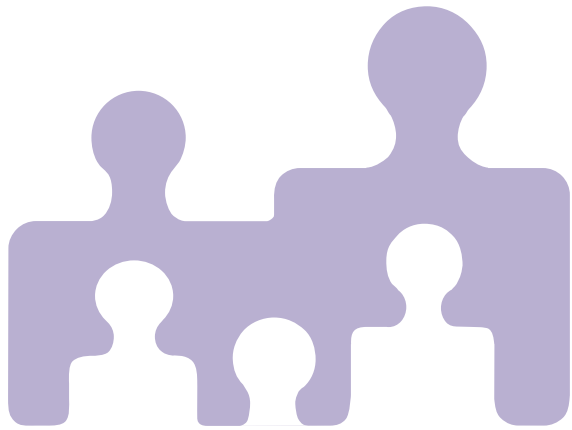
"I enjoyed feeling i am not the only person in the world who cannot cope."

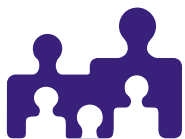
"Every little bit of information on making me a better parent is most appreciated."

"I enjoyed discovering that my childs development is normal!"

"Everyone is experiencing the same as me."







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