



ParentingNI

TRAINING / PROGRAMMES / WORKSHOPS

keeping
parents at
the heart of
what we do...

Parenting NI is a leading organisation which has been supporting parents since 1979.

Parenting NI has developed its services based on the needs of parents. The focus is on prevention and early intervention, and the organisation has a reputation for delivering high quality services.

Parenting NI believes that effective parenting is the cornerstone of strong families and therefore parents should be supported to provide children with a positive upbringing.

Parenting NI provides four key services to support parents in their parenting role:

OUR SERVICES



Parents Helpline

Provides support and guidance to parents on parenting issues through a freephone helpline



Parents Counselling

Provides counselling to parents on parenting issues



Parental Participation

Listens to the needs of parents and works towards ensuring parents views inform policy, practice and public opinion



Parenting Education

Provides parenting programmes and workshops to groups of parents and training for practitioners on a range of topics

PARENTING EDUCATION

- All programmes, workshops and training have a proven track record
- Parents report enhanced confidence and improved parenting ability
- All facilitators are qualified, experienced and are continually monitored to comply with quality assurance standards
- Supporting resources are provided which further develop learning and understanding
- Practitioner skills and knowledge are developed

Our definition:

A parent refers to persons with parental authority or responsibility

Our definition:

A Father includes anyone in the fathering role of a young person



TRAINING

TRAINING

We offer training to practitioners who work directly with parents and carers. This is an ideal opportunity for practitioners to enhance their knowledge or to learn new skills, which they can use within their working environment.

TOPICS:

ENGAGING FAMILIES

This training is particularly suited to anyone in a family support role and gives an opportunity to explore best practice when engaging with families.

UNDERSTANDING FAMILY DYNAMICS

This workshop introduces Family Systems Theory, and explores how birth order and family make up can affect the functioning of families.

MOTIVATING PARENTS

This workshop provides practical information to enable the practitioner to encourage motivation in their parents, leading to better outcomes for the whole family.

PRACTISING AND PROMOTING SELF CARE

This workshop explores the importance of practitioner self care and offers guidance on how practitioners can encourage parents to practice self care in order to parent more effectively.

DIFFICULT CONVERSATIONS

Practitioners will gain a better understanding of how they can hold effective conversations with parents around difficult topics to ensure best possible outcomes for the families they work with.

UNDERSTANDING CHILDREN'S CHALLENGING BEHAVIOUR

This workshop gives practitioners practical information on typical children's behaviours and offers suggestions to support the parent to deal with behaviours they may find challenging.

STEPPING INTO SCHOOL

This workshop aims to help practitioners support parents as their child makes the move into nursery, preschool, or Primary school. Practitioners will have a better understanding of the uncertainty and expectations that surround these significant transitions and gain an understanding of how these changes can be handled as smoothly as possible for both parent and child.

**Also available as a Train the Trainer course.*

THE DAD FACTOR

This workshop reflects on the key messages contained in the Dads Direct briefing paper, launched Nov 2015. Practitioners will explore the role of fathers, the challenges fathers face and how they can influence policies and practice to ensure fathers are supported to be actively engaged in their child's life.

UNDERSTANDING TEENAGERS

Practitioners will have the opportunity to explore the issues that can arise within families as children develop into young adults. This workshop will focus on teen development and behaviour and how parents can best support their teenager through this complex stage of development.

COPING WITH CHRISTMAS

The holiday season can bring added stresses and worries to parents. This workshop explores how practitioners can encourage parents to have realistic expectations and offers practical suggestions on how to identify and manage the stresses and emotions associated with Christmas.

SUPPORTING SEPARATED PARENTS

This workshop explores the realities of parenting apart. Practitioners will have the opportunity to increase their awareness of the challenges parents can experience when relationships break down and how they can support the parent to focus on the child's needs and adapt to their changing role and responsibilities as a parent.

EVIDENCE BASED

Evidence Based: A programme that has been shown to consistently produce positive results by independent research studies that have been conducted to a particular degree of scientific quality.

Odyssey, Parenting Your Teen

Duration: 8 Weeks

Aim: To improve the parent/adolescent relationship

This programme's effectiveness has been independently verified by:



Parenting Your Teen is an evidence based structured programme designed for parents of teenagers. The programme covers a range of themes including teen development, self esteem, rules and consequences, dealing with conflict and problem solving. The programme promotes Authoritative Parenting, the style of parenting which has proven to be most effective. This programme has been found to improve outcomes for parents, their teenage children and the family as a whole.

Solihull Approach to Parenting Group – Understanding Your Child's Behaviour

Duration: 10 weeks

Aim: To gain a better understanding of what influences children's behaviour

Based on the theoretical model of containment, reciprocity and behaviour management this programme helps parents develop a framework of thinking about parent/child relationships which can be developed into a lifelong skill.

A number of research studies have been carried out to evaluate the effectiveness of the approach.

"This programme gave lots of useful hints and tips that every parent needs to know."

"I would definitely highly recommend this programme to other parents because it works when you put it into practice."

EVIDENCE INFORMED

Evidence Informed: Practice based on the integration of experience, judgement and expertise with the best available external evidence from systematic research.

Parenting Apart

Duration: 6 Weeks

Aim: To support parents in minimising the impact of separation on children

This programme is aimed at parents who have experienced relationship breakdown which may affect how they parent. The programme provides practical guidance for parents on how to talk to their children about separation and provides guidance on how they can help them adapt to the changes ahead. This programme helps parents focus on the child's needs and explores their changing role and responsibilities as a parent.

Parenting Children's Challenging Behaviours

Duration: 6 Weeks

Aim: To help parents understand and manage their children's challenging behaviours

This programme will help parents understand children's behaviours, recognise the triggers to their child's behaviour and gives practical tips on how to reinforce positive behaviour. The programme promotes the Authoritative Parenting style which research shows to be the most effective. The programme would be particularly suited to parents of children aged 2-10 years old.



PARENTING EDUCATION

Parents Walking on Eggshells

Duration: 8 Weeks

Aim: To provide parents with the skills to achieve a calmer and violent free home

This programme uses the principles of Non Violent Resistance to help parents experiencing child to parent violence overcome their sense of helplessness, develop a support network, stop destructive behaviours inside the home and improve relationships between family members. This programme is particularly suited to parents of children aged 8-16 years old.

Fathers and Families

Duration: 6 Weeks

Aim: To promote positive parenting skills to fathers

This programme is specifically tailored for those in a fathering role. This programme gives fathers the skills to use a positive parenting approach and emphasises the important role fathers play in their children's lives. The programme is interactive, fun and an opportunity for fathers to build a support network.

Parents Positive Mental Health

Duration: 6 Weeks

Aim: To support parents with mental health issues

This programme provides parents with a greater awareness of mental health issues. Parents will be given the opportunity to explore the factors that affect their mental health and impact on their parenting. Cognitive behavioural techniques will be explained to help parents work towards better mental health and emotional wellbeing.

Parents Anger Management Programme

Duration: 8 Weeks

Aim: To help parents manage their anger

Anger is a normal emotion, which most parents experience on a regular basis and can be used as a motivator to instigate change. This programme helps parents identify the triggers to their anger, explore how their anger impacts on their children and find positive ways of managing their anger.

POSITIVE PARENTING

Positive parenting programmes provide a basis for effective parenting.

Parents Health and Happiness

Duration: 4 Weeks

Aim: To improve the health, happiness and emotional wellbeing of the whole family

This programme will provide parents with practical tips and skills to use in their everyday family routine to help improve how they manage stress, build self esteem and resilience and become more assertive.

Putting Parents First

Duration: Each workshop lasts 2 hours

Aim: Groups are invited to choose from a range of workshops specific to the needs of their group.

Each workshop provides an overview of the contributors to effective parenting (see page 8 & 9)

"The workshop helped me know I wasn't on my own and there can be a reason children act the way they do."

"I found this workshop to be very valuable and relationships within our family have improved."



PARENTING EDUCATION

PUTTING PARENTS FIRST WORKSHOPS:

ONE

PARENTING STYLES

This exploratory session examines how parenting styles affect the behaviours and outcomes for children and promotes the Authoritative Parenting style which research has shown to be the most effective.

TWO

STRESS MANAGEMENT

How stress can impact on both parents and children is examined during this session, with positive coping strategies to manage stressful situations are explained to ensure that any negative effect on the family is minimised.

THREE

ALTERNATIVES TO SMACKING

This challenging session provides parents with positive approaches to discipline without using physical punishment and promotes an Authoritative Parenting approach.

FOUR

BULLYING

The various means of bullying are considered throughout this session as well as discussion on how being bullied can affect children. Parents will gain a greater awareness of how they can support their child to deal with this issue.

FIVE

ASSERTIVENESS

This motivating session aims to give parents the skills to say 'no' and be more assertive in life. Parents will be more aware of how they can help their child develop assertiveness.

SIX

THE VALUE OF PLAY

This interactive session provides parents with a better understanding of how children learn through play and how play can be used to strengthen the bond between parent and child.

SEVEN

COMMUNICATING WITH YOUR CHILD

Parents are given the tools to communicate more effectively with their child, to encourage a more harmonious home life.

EIGHT

BUILDING RESILIENCE

Parents should expect to gain a greater understanding of the importance of resilience and how they can help their child develop the skills to 'bounce back' from difficult situations.

NINE

MANAGING EMOTIONS

Throughout this session the purpose of emotions are discussed and parents are shown how they can help their child understand and manage their feelings.

TEN

PROMOTING INDEPENDENCE

This session explores how parents can support their child to develop independence in a safe and caring environment.

ELEVEN

PROMOTING HEALTHY LIFESTYLES

Parents will have an opportunity to explore their family's current lifestyle habits and gain a greater understanding of what constitutes a healthy lifestyle and how they can develop realistic and effective plans to improve the health of their family.

TWELVE

STEPPING INTO SCHOOL

Children face many transitions in early childhood, perhaps one of the most challenging being starting school. This session helps parents prepare for this 'big step' for children and consider how to lessen the stresses for the whole family.

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