



For further details on what we can offer please

Email: education@parentingni.org

Call: 028 9031 0891

Visit: parentingni.org

Freephone Parenting NI: 0808 8010 722



Parents Programmes and Workshops

**Parenting NI is the leading charity,
supporting parents since 1979**

Putting Parents First

Parenting NI can deliver a range of 2 hour workshops to parents. Groups can choose a variation from the list of workshops below to meet the specific needs of the group.

ONE

PARENTING
STYLES

TWO

STRESS
MANAGEMENT

THREE

STOP AND GO
(Alternatives to Smacking)

FOUR

BULLYING

FIVE

ASSERTIVENESS

SIX

THE VALUE
OF PLAY

SEVEN

COMMUNICATING
WITH YOUR CHILD

EIGHT

BUILDING
RESILIENCE

NINE

MANAGING
EMOTIONS

TEN

PROMOTING
INDEPENDENCE

ELEVEN

PARENTING IN A
DIGITAL WORLD

TWELVE

STEPPING INTO
SCHOOL
(Managing Transitions)

Parenting Programmes

ODYSSEY, PARENTING YOUR TEEN

DURATION: 8 WEEKS

AIM: To improve the parent/adolescent relationship.

PARENTING CHILDRENS CHALLENGING BEHAVIOURS

DURATION: 6 WEEKS

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

WALKING ON EGGHELLS

DURATION: 8 WEEKS

AIM: To support parents experiencing child to parent violence to achieve a calmer and violent free home based on the Non Violent Resistance approach.

SINK OR SWIM

DURATION: 6 WEEKS

AIM: To support parents with emotional and mental health well-being.

KEEPING YOUR COOL

DURATION: 8 WEEKS

AIM: To provide parents with the tools to recognise the triggers to their outbursts and manage their emotions.

PARENTING APART

DURATION: 6 WEEKS

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

FATHERS AND FAMILIES

DURATION: 6 WEEKS

AIM: To promote positive parenting skills to fathers.

STAR PROGRAMME

DURATION: 6 WEEKS

AIM: A joint parent and child/young person programme to support the parent and child's relationship by improving their communication skills with each other.