

Raising Children

This is a universal open access programme and has been also been used with Parenting Orders. It offers parents support and opportunity to gain parenting knowledge and skills. Expected outcomes include increased parental self-confidence and self-esteem, improved family communication, increased parental assertion and respect towards their children.

The programme uses material from Adler, Dreikurs and Maslow and is based on Social Learning Theory. It acknowledges the importance of understanding emotions and goals behind behaviour. Parents can tailor action appropriately, encouraging positive behaviour in children. Encouragement, empowerment, respect, choices and consequences are central to the programme.

Additional Information:

Raising Children is part of the Sharing Parenting Programme, which includes Raising Teens. There are specific 3 session modules e.g. Sibling Rivalry as well as a range of taster sessions for parents.

Parents

The programme/approach is considered suitable for any parent (with any child characteristics).

How are fathers considered?

The programme is open to both mothers and fathers

Children

1-11 years

Content areas covered during the programme/approach

- ✓ Identify parenting skills, what do parents do well/enjoy. Identifying pressures/expectations.
- ✓ Styles of parenting and practising assertive respectful parenting
- ✓ Identifying what children need to develop using Maslow and meeting children's/parent's needs
- ✓ Understanding Adler's goals of misbehaviour (reason behind behaviour), strategies linking to self-esteem
- ✓ Understanding and practising effective listening, linking to self-esteem and discipline
- ✓ Identifying and learning consistent effective strategies for children's behaviour
- ✓ Practising and exploring strategies for effective discipline
- ✓ Exploring the effects of labels on parents and children and alternatives to labelling
- ✓ Identifying ways to raise self esteem in both parents and children and why important
- ✓ Review of changes in the family and learning. What next?

Frequency

Weekly

Group size

10-12

For more information contact Parenting Programme Coordinator on 01223 475 910