

Empowering Parents, Empowering Communities (EPEC) Being a Parent Course

Session	What are the aims and outcomes of this session?	What can I expect from this session?
<p>1</p> <p>Being a Parent</p>	<ul style="list-style-type: none"> • Getting to know each other • Setting goals for the course • Rethinking our mind set – e.g. being a 'good enough' parent rather than a 'perfect parent'. • Self-Care 	<p>The session starts with ice-breakers so that we can get to know each other. We reflect on what has brought everyone here and what they would like to get out of the course.</p> <p>We have a couple of fun interactive activities where we discuss being a 'good enough' parent, instead of a 'perfect' parent and the importance of taking care of ourselves as mums and dads.</p>
<p>2</p> <p>Feelings</p>	<ul style="list-style-type: none"> • Remembering our feelings as children • Learning how to acknowledge and accept our children's feelings • Learning how to use language 	<p>In this session we reflect on how we felt as children when our feelings were denied and consider the impact of denying a child's feelings.</p> <p>We discuss together the importance of acknowledging children's feelings in helping them to build their self-esteem. We explore how we can model expressing our own feelings for children, so they can learn to express their emotions in a healthy way.</p>
<p>3</p> <p>Play</p>	<ul style="list-style-type: none"> • Understanding the importance of child-led play and how to do this with your own child • Understanding the importance of active listening and nonverbal communication 	<p>In this session we reflect on our own experiences of play when we were children and discuss how play is important for a child's emotional and behavioural development.</p> <p>You will receive demonstrations on how to do child led play and practice together using lots of props and toys!</p>

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<p style="text-align: center;">4</p> <p style="text-align: center;">Valuing my child</p>	<ul style="list-style-type: none"> • Learning to describe behaviours rather than label our children • Learning how to use descriptive praise to build positive behaviour 	<p>We will think about labels that we have received throughout life and consider the impact labels can have on a person (e.g. they become self-fulfilling). We think about alternatives to using labels, such as describing behaviour. We have discussions on the impact of praise and think about how we can use praise to increase the behaviours we want to see in our children.</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Understanding children's behaviour</p>	<ul style="list-style-type: none"> • Understanding children's needs and their behaviour in response to need • Discipline • Commands • Consequences • Rewards and reward charts 	<p>In this session we consider the different needs children have and the behaviours they have to express their needs (e.g. tantrum when they are hungry). We also consider our own needs as parents and how they can be met. We have discussions on discipline and why it is important to have boundaries at home. We think about how to ensure consequences are fair and age-appropriate. We look at examples of star charts and have a group discussion on how they can be effective.</p>
<p style="text-align: center;">6</p> <p style="text-align: center;">Discipline strategies</p>	<ul style="list-style-type: none"> • Understanding what we mean by boundaries • Time Out and saying 'no' • Household rules 	<p>In this session we have exercises and role plays to help parents think about discipline strategies that will raise a child's self-esteem, and be effective, such as time outs and rewards.</p>

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<p style="text-align: center;">7</p> <p style="text-align: center;">Listening</p>	<ul style="list-style-type: none"> • Communication styles • Helping a child when upset • 'Open' and 'Closed' questions • Reflective listening 	<p>This session introduces listening skills and teaches parents how to engage active and reflective listening so that a child feels heard and validated both day-to-day and during a difficult situation.</p>
<p style="text-align: center;">8</p> <p style="text-align: center;">Review and support</p>	<ul style="list-style-type: none"> • Coping with stress • Reviewing the course and knowing where to get support • Ending and celebration 	<p>In this session we have a segment focusing on learning how to manage stress</p> <p>We recap together on the course and review our goals set in session 1.</p> <p>We finish with a celebration to mark the end of the course and all we have learnt - food and treats included!</p>