

**Strengthening Families 10-14 (UK)  
Parenting Programme  
For 1 parent and 1 child only**

This programme is for both parents and their children ages 10-14 years of age to attend.  
Please note there are no childcare facilities for this training so please ensure families have made appropriate childcare arrangements for any children who are not attending.

Strengthening Families 10-14(UK) Programme details.

The Strengthening Families Programme 10-14 (UK) is a seven-session, evidence-based programme to help families with young people aged between 10 and 14-years-old to prepare for teenage years. The programme is aimed at supporting adolescence to resist alcohol and substance misuse, behavioural problems in adolescence and strengthening the parent/carer-child relationship.

Targeted outcomes of the programme include: increased parenting skills; improved family competency; prevention of substance use/misuse; reduced youth aggressive and hostile behaviour; increased academic success. These can be achieved by building protective factors (e.g. supportive family) and reducing the risk factors (e.g. poor communication), which are strongly related to pathways to offending.

Delivery: The session delivered weekly over two hours. Each two-hour meeting consists of a parent/carer session and a young people's session running in parallel for the first hour. This is followed by a one-hour family session where parents and young people work together.

Parent/carer sessions include: using love and limits; encouraging good behaviour; using consequences; building parent-youth relationships; protecting against substance misuse.

Young people's sessions include: having dreams and goals; appreciating parents; dealing with peer pressure and the characteristics of good friends.

Family sessions bring together key points through games and activities promoting the attributes and development of positive families.

**1-2-3 Magic  
A Six Week Parenting Programme**



Effective Discipline for Children 2 -12

It will run for 6 consecutive Friday's at the same time and place.

This is a simplistic course designed to help you deal with challenging behaviour, encourage good behaviour and strengthen your relationship.

# THE FAMILY SERVICE SOUTH

## Parenting Groups

### Having difficulty with your child's behaviour?

## Calming ADHD A One-off Parenting Session

### Areas covered:

- Knowledge and understanding of ADHD
- Discussion, information and support
  - Raising the child's self-esteem
- Positive practical strategies for helping to manage ADHD within the family
  - Managing conflict and de-escalation
  - Boundaries and positive reinforcement
    - Self-care

## CONFLICT A One-off Parenting Session

### Areas covered:

- Understanding emotional response- fight or flight
- Preventing and resisting conflict and learning de-escalation techniques
  - Skills for managing emotional behaviour
- Alternative and assertive ways of dealing with anger, abuse and criticism from others
- Skills for re-establishing connection with children and young people

## Non-Violent Resistance Group Programme

Non-violent resistance (NVR) is an intervention used with parents to help them address their child's violent, aggressive and controlling behaviour. The group helps to raise parent's presence with their child by:

- Increasing parent confidence
- De-escalating conflict
- Taking a stand against aggressive and controlling behaviour
- Building up a network of support
- Breaking the cycle of shame and silence
- Building the parent-child relationship through reconciliation

Parents who attended previous Non-Violent Resistance programmes had the following things to say:

"NVR showed me a whole different way of parenting and it works!!"

"I would never have believed 'Strike While the Iron is Cold' but it definitely works"

"You will be very surprised with the changes and impact"

"...you can use the skills in most situations"

"Keep coming to the sessions. Listening to other people's problems and knowing you are not alone encourages you"

"Listen and try out the techniques. It works."

"De-escalation works a treat. Don't be afraid."

## The Solihull Approach Parenting Programme

- Complete child age range from **0 to 18 years**.
  - **10 week** course, **2 hours** per week
- Focus on building a positive relationship between parents/carers and children.
- Open to all parents who want to look at re-building or maintaining good relationships within the family, regardless of their situation.

The course is designed to promote secure attachment, to enable parents/carers to identify and understand their own objectives. To learn about the age and stage of the child and how to communicate in an effective way with them. To recognise how their own and their child's feelings impact on everyone's behaviour. To learn how to promote a calmer and happier home environment for everyone.

What parents who have completed the Solihull Parenting Course have learned and gained:

"Listening more, being less stressed, feeling happy."

"My behaviours, my children's behaviours. I feel I can understand my children better. We have a better relationship!"

"I have learned that changing the way I express myself and using age appropriate words to my son can de-escalate situations!"

"How to be a calmer, happier and patient parent!"

"Best Parenting Course I ever attended not like any other I have been on."

"I did not realise how my behaviour affected my child so much!"

Please Note: Due to the nature of this course no children are permitted to attend with parents.