

Being a Parent

A **Free** 8 week group for solihull parents of children aged 2-12

Commands, consequences & rewards

Listening skills

Communicating with your child



Setting boundaries

Saying No

Coping with Stress

Groups available online or in person

Understanding your child's behaviour



EMPOWERING PARENTS
EMPOWERING COMMUNITIES

Book your place now

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Believe in children
Barnardo's

Being a Parent outline

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect' parent
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

Session 3: Play and listening

- Child-led play

Session 4: Valuing my child

- Avoiding 'labels' and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding children's behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts

Session 6: Discipline strategies

- Understanding what we mean by boundaries
- Time out and saying 'no'
- Planned vs unplanned discipline responses
- Household rules

Session 7: Listening

- Communication styles
- Helping a child when upset
- 'Open' and 'Closed' questions
- Reflective listening

Session 8: Review and support

- Coping with stress and anger
- Reviewing the course & knowing where to get support
- Ending and celebration