

Session 1

Session aim: To enable parents to think reflectively about their own experience of being parents and how this impacts their current parenting choices.

- Introduction on the workshop as well as brief info on other workshops in the series.
- Parents are provided with strategies to explore how their culture, values and beliefs impact experiences - our traditions and customs represent our culture in action, we look at how these inform our lives and our parenting style
- We explore safeguarding; family and community violence and the range of risks that children are exposed to and how parents can support healthier outcomes for their children
- Parents explore how children learn by watching and imitating us, as well as wider family and the community. Emphasis is placed on; we cannot choose *whether* we are models, but we can choose *what* we model.
- Follow-up activities to try

Session 2

Session aim: To help parents positively connect to their children and understand the benefits of developing close warm relationships as a protective factor in parenting.

- Parents explore Special Time as fundamental to building a relationship with one's child. Parents are encouraged to positively connect to their children and understand them as an individual, so they can respond to their needs more effectively
- Unique Characteristics strategy is introduced enhancing a parent's relationship with their child. Parents explore what makes children different and ways to celebrate this
- Parents are introduced to factors that influence behaviour. Parents explore their child's temperament and how they respond to situations
- Parents are encouraged to identify a circle of interdependence to provide support as necessary, for both themselves and their children - who is there for us during the good and bad times - a tailored approach with reflection
- Follow-up activities to try

Session 3

Session aim: To help parents gain the confidence to use positive discipline methods and understand their role and responsibility in providing children with a process of discipline consistent with protective factors to increase positive outcomes.

- Parents are encouraged to explore the focus of their approach to discipline; are parents focused on increasing the behaviours they want to keep, or correcting the behaviours they want to reduce
- Parents explore the strategy of Clear Instructions - 'say what you mean and mean what you say'. Learning why it is important to help our children to understand what we expect of them
- The power of Praise is emphasised to parents and we identify how effective praise can increase resilience. Praise is as a way of looking for positive behaviour and rewarding this with positive attention which can be relationship enhancing
- Parents explore the First...Then method. We explore the strategy through role-play and scenarios
- Follow-up activities to try

Session 4

Session aim: To help parents understand their role and responsibilities to support children in and through various stages of transition from childhood to adulthood.

- Parents are provided with information and activities to build social competence in children to successfully transition from one stage of development to the next
- Four Rites of Passage are explored with parents; Physical, Emotional, Mental and Spiritual
- The physical rite of passage addresses understanding the importance of sexual responsibility, diet, nutrition, exercise, and avoidance of drugs, alcohol and tobacco
- The emotional rite of passage addresses the development of empathy, anger management, impulse control, a feelings vocabulary and emotional intelligence and stress management
- The mental rite of passage focuses on the importance of the acquisition of knowledge, school attendance, studying, gaining qualifications, and the development of thinking skills
- The spiritual rite of passage addresses the development of prosocial goals, morals, values, and courage