

Living with Children and Teens course - 6 session outline:

Session 1 - What's it all about?

- ◆ Introductions and getting to know each other in a safe, relaxed and informal setting
- ◆ Understand "Chains of behaviour"

Session 2 - Understanding how behaviour is learnt.

- ◆ What influences child/teenage behaviour?
- ◆ What is normal behaviour and development?
- ◆ Risk taking behaviour

Session 3 - Increasing wanted behaviour

- ◆ Using the ABC model to turn behaviour from negative into positive.
- ◆ What trigger and pay-offs you can change
- ◆ Non-verbal and verbal communication
- ◆ Language that boost self-esteem and positive behaviour
- ◆ Listening skills and understanding your child/teenager

Session 4 - Reducing unwanted behaviour/types of sanctions.

- ◆ Understanding what make sanctions work
- ◆ Parenting styles

Session 5 - Looking after yourself

- ◆ Ways to reduce stress
- ◆ How thoughts, feelings and behaviour affect each other

Session 6 - Celebrating achievements and progress

- ◆ Trouble shooting
- ◆ Sign posting/your views on the group



Information about Parenting Courses

"Being a parent is a tough job", we've all said it but who's listening??



- ◆ **Are you tearing your hair out trying to manage the behaviour of your child or children at home?**
- ◆ **Would you like some help and advice about managing your relationship with your child?**

We want to help you! Take a look through this leaflet and see if we have any courses that may be able to help you.

If there isn't a course that you think would be beneficial to you, then ring us on 01572 758301 to discuss how we may be able to help you.



Parent Support Drop-ins

These drop-in sessions are for parents who just want some support and advice over a cuppa and a chat!

Held at: Jules House (1 Cold Overton Road, Oakham LE15 6NT)

Time: 09.00 - 10.00 hrs

When: On the first Thursday of the month, starting Thursday 4th October 2018.



Need more help? then read on!

We also offer the following courses: (all 6 weeks)

Programme 1: Living with Teens (Age 11 - 18) - daytime course

Held at: Jules House

Time: 13.00-15.00 hrs

Dates: Wednesdays: 31st Oct - 5th Dec 2018

Programme 2: Living with Children (Age 3 - 10) - daytime course

Held at: Jules House

Time: 13.00-15.00 hrs

Dates: Tuesdays: 25th Feb - 2nd Apr 2019

Programme 3: Living with Teens (Age 11 - 18) - evening course

Held at: Jules House

Time: 13.00-15.00 hrs

Dates: Wednesdays: 5th Jun - 10th Jul 2019

Programme 4: Living with Children (Age 3 - 10) - daytime course

Held at: Jules House

Time: 13.00-15.00 hrs

Dates: Thursdays 7th Nov - 12 Dec 2019

Please turn over for a Course outlines.....