

Time Out for Parents - the Early Years 5-week Parenting Course

The purpose of this 5-session course is to give parents of pre-school children time and space to think about what they are doing with their children, to encourage them in all the good things they are already doing, to present some principles for positive parenting and to give opportunity for parents to share ideas together for dealing with their children's behaviour.

The course is fun and interactive and there is input from the facilitators, small group exercises, whole group discussion and lots of opportunities for parents to bring up their own issues and share ideas.

The content of the 5 sessions is as follows:

1. What children really need

- The goal of our parenting
- All children are different
- Temperament
- Ways to meet children's emotional needs
- Love languages

2. Developing emotional security

- Why self esteem is so important
- How it is boosted/ damaged
- The power of words
- Handling difficult feelings
- Listening

3. Boundaries and Parenting Styles

- Why boundaries are so important

- Parenting styles
- Thinking ahead
- Keys to positive parenting

4. Managing conflict

- Encouraging positive behaviour
- Avoiding behaviour we don't want
- Managing difficult behaviour
- Keeping our children safe

5. Keeping children safe

- Talking about sex and sexuality
- TV and internet use
- Keeping ourselves sane
- Communication
- Family traditions

Sessions last for 2 hours and are run by 2 trained facilitators from Family Matters York. For further details, please contact Helen Atkinson at the address below.