



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



# Being a Parent Course

A free course for parents of children aged 9 to 16 years

Delivered digitally via a video call app called Zoom.

## Delivered for Parents by Parents

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks  
will be built in  
to the course

## Course Details:

Course Start Date: Thursday 18th June 2020

Course End Date: Thursday 13th August 2020

Course Time: 2:00–4:00pm

Duration of Course: 9 consecutive weeks

To sign up for the course, please follow the link below:

<https://www.headstartnewham.co.uk/get-involved/>

For more information and support, please follow us Facebook, Twitter and Instagram

@HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:

T: 0203 373 9983 E: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)





# Being a Parent Group

(for parents/carers with a 9 -16 year old)

Each week the group looks at different topics related to your relationship with your child/ren including:

## Being a Parent

The good enough parent  
Taking care of ourselves

## Parenting skills and Listening skills

Communication and listening

## Feelings

Expressing and acknowledging feelings

## Valuing your child

Using descriptive praise to change behaviour

## Understanding conflict, negotiation and problem ownership

Negotiation skills  
Choices, consequences and sanctions

## Quality Time

Building your child's self esteem  
What is it like to be a young person in Newham

## Understanding children's behaviour

Exploring needs of your child and their behaviour  
Discipline and household rules  
Family meetings

## Stress management, Review and Ending

Coping with stress  
Reviewing your learning and celebration

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