



Week 1 17/01/24

Looking after yourself. Addressing and emphasising on the importance of getting your own needs met as a parent/carer and not to feel guilty about this. Looking at how patterns from previous generations can influence how we parent and that these need to be understood so that we do not pass on unhelpful/unhealthy patterns in our own parenting.

Week 2: 24/01/24

Feelings. The importance of acknowledging feelings, so children feel that their feelings are validated. Helping and assisting parents/carers on how to express feelings in a way that can be heard. This is where we look at Emotional Literacy alongside Primary and Secondary Emotions - for example - What is Anger?

Week 3: 31/01/24

Communication skills. Looking at how to listen and the common challenges that parents can face, whether independently or within a partnership. The pressures within home environments and the restrictions this causes with communication for parents. Also, looking at parents access to communication with school, social worker, outside agencies.

Week 4: 7/02/24

Understanding your child's behaviour. Looking at what our children's behaviour means. Looking at Children triggers and also our own as parents. Being able to provide an understanding into typical behaviours that often get described as 'disruptive', or 'naughty'.

Week 5: 14/02/24

Play/Development. Exploring why play is important and how to implement child-led play so the child experiences high quality special time with their parent. Discussing challenges that parents may face when it comes to Play, SEN, siblings, work commitments etc. Exploring what types of children's behaviour is dependent on the developmental phase the child is in and how during each phase a child needs to master particular tasks.

Week 6: 28/02/24

Praise and Language. Looking at what a child receives through Praise. Why Praise is important and also how we can adjust our language to be understood by our children.

•Week 7: 06/03/24

Labels. Looking at the importance of not ascribing to children labels but describing and supporting their behaviour instead. It also looks at roles in family and the importance of letting children not be defined by a role e.g. the sporty one or the shy one. Also, the challenges that Parents face with Labels within society. The supporting of those who's children's parents going through pre/post diagnosis.

Week 8: 13/03/24

Problem Solving/Co Regulation. Looking into how Parents can hear their child's worries/concerns and provide constructive support to them. Going over co regulation techniques and the vital role parents/carers play in helping their child to regulate.

Week 9: 20/03/24

Discipline/management strategies. Exploring how we respond to our children during emotionally heightened times and discussing and explaining healthy strategies.

Week 10: 27/03/24

Review.