

Being a Parent outline

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect' parent
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

Session 3: Play and listening

- Child-led play

Session 4: Valuing my child

- Avoiding 'labels' and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding children's behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts

Session 6: Discipline strategies

- Understanding what we mean by boundaries
- Time out and saying 'no'
- Planned vs unplanned discipline responses
- Household rules

Session 7: Listening

- Communication styles
- Helping a child when upset
- 'Open' and 'Closed' questions
- Reflective listening

Session 8: Review and support

- Coping with stress and anger
- Reviewing the course & knowing where to get support
- Ending and celebration

EPEC questionnaires

Being a Parent is evidence-based – what this means is that the manual content is based on a huge body of research about parenting and has been widely evaluated to show it works.

- We ask you to spend approx. 15 mins minutes completing a questionnaire at the beginning and end of the 9 week group
- The questions allow you to pause for a moment and think about
 - your parenting goals and style
 - your wellbeing
 - concerns you have about your child
- We will email or text you a link – click to open and complete the questionnaire.

By filling it in you are joining a powerful body of evidence that helps prove that the **Being a Parent** group is making a difference to parents' and children's lives and to support ongoing funding. Your answers are really important as ultimately this means EPEC groups can continue to be free to parents. EPEC also values your feedback to help us identify what we are doing well and what we need to improve on.



The EPEC Research Unit at King's College London collects and uses this information to write anonymous evaluation reports for the organisations that fund EPEC, in line with GDPR requirements. **Your identifiable information will not be shared with anyone.** You can email EPECproject@slam.nhs.uk if you have any questions or concerns.