

## Time Out for Parents: The Primary Years

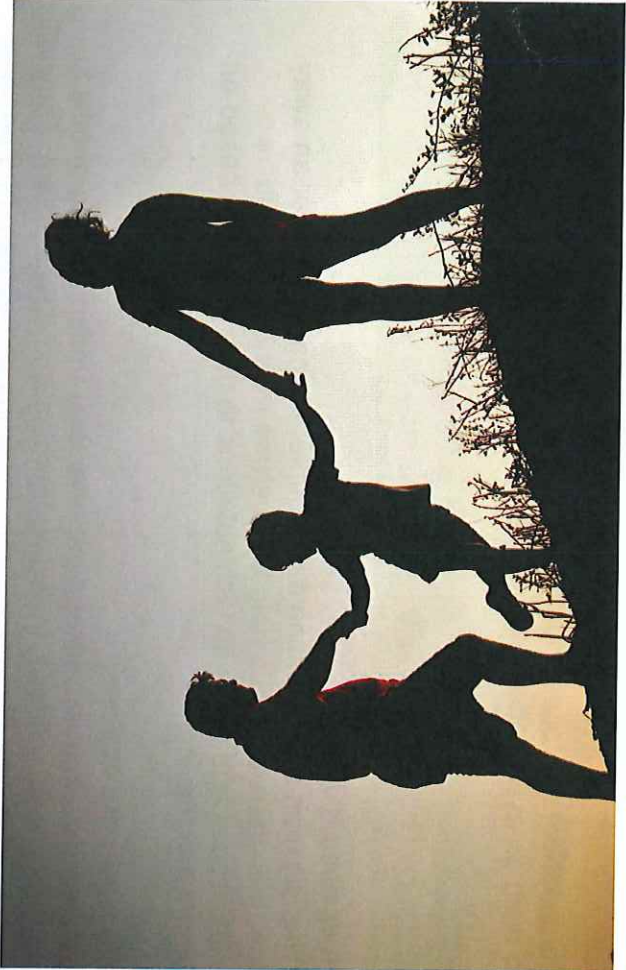
Helps parents to guide their children through the next stage of childhood and build stronger family relationships as they journey through the rollercoaster of life.

Focusing on children from 5 to 11 years, The Primary Years helps parents look at how to support their child as they start to find out how the world works, learn how to manage their feelings, find out what they're good at and experience the consequences of keeping or breaking the rules.

### How does it work?

Sharing ideas with other parents and carers is an important part of the course, and discussions are started from real life situations. Each session includes space to plan any changes parents want to make in their parenting and, from week 2, they will have an opportunity to discuss how they are getting on with trying these at home.

**Light refreshments will be provided on the course.**



## Time Out for Parents: The Primary Years Programme Outline (6 weeks)

### Week 1: Getting to know each other

- Juggling Issues - pressures on parents / carers
- Change takes time
- The goal of parenting
- Developmental tasks and how parents / carers can help

### Week 2: Temperament and Parenting Styles

- Two sides to parenting
- What are children like?
- Parents and children affect each other

### Week 3: Building the parent / relationship

- Building self-esteem in children
- Meeting emotional needs

### Week 4: Setting Boundaries

- Addressing specific behaviours
- House Rules
- Descriptive Praise

### Week 5: Keeping Boundaries

- Goals behind behaviours
- Avoiding the hooks

### Week 6: Managing Feelings

- Ideas on Anger Management
- Keeping Sane as a Parent
- Celebration and certificates