

Time Out for Parents: Dads

Four workshops focussing on the importance of dads and helping them to build an even better relationship with their children.

"This course has been an excellent eye-opener in terms of understanding my role as a father and also the needs of my children."

How does it work?

Whether men are parenting as a couple, a single parent or an away dad, this course aims to help Dads share their feelings and experiences and come up with solutions to their problems based on what works for them.

What's in the course?

Men will look at how they can improve their understanding of how to meet their child's needs, including learning and development. They will explore other key aspects including building self-esteem and positive communication, setting and maintaining boundaries, and managing their child's behaviour.

There's also time to think about how their role might change as their child grows and ways to build a healthy relationship with the wider family.

"Lots of useful tools and techniques that I can apply. Lots of shared experiences with local dads."

Light refreshments will be provided on the course.

Time Out for Parents: The Teenage Years

(previously known as Bridging the Gap)

Programme Outline (7 weeks)

Week 1: Temperament and Emotional Needs

This is time for the group to get to know each other. We will be discussing personal aspects of family life, as well as feelings related to parenting. We look at emotional needs and how to meet these needs in our children and we discuss different temperaments and how this impacts on our children's behaviour.

Week 2: Why it's tough being a teenager

Parents learn about the pressures on their teenager and how this puts pressure on them as parents. We will be identifying the physical, intellectual, emotional and social changes that occur during adolescence. We will describe ways in which parents can support these changes effectively.

Week 3: Parenting Styles

During this session parents will identify the different styles of parenting and describe their effects on teenage behaviour. Parents will also develop house rules they would like for their family.

Week 4: Communication

Parents will be able to identify blocks to communication, describe features of active listening, understand empathic listening skills and create opportunities to listen.

Week 5: Handling Conflict

Parents will be able to use "I" statements to communicate respectfully, identifying their way of handling conflict, practice negotiation skills and identify appropriate sanctions.

Week 6: The Big Issues

Parents will identify current trends in adolescent behaviour and advise parents of potential dangers for our children such as substance misuse issues and anti-social behaviour issues.

Week 7: Reflection, Celebration and DVD!