



How is FPS measured?

Fegans has a strong track record of delivering evidence based parenting programmes across the South East, with frequently measured outcomes. Positive changes are evidenced by the information collected from our Family Support Impact Measure (FSIM).

All work will also begin and end using the FSIM evaluation tool. This tool looks at where the family is, in which areas they are 'stuck', and what steps they need to take to be in a stronger place.

Questions include:

- What is working well?
- What are we worried about?
- What are the complicating factors?
- What needs to happen next?

Of the families we worked with last year (2019/20):

90% felt their family communication had improved

77% felt their children respected boundaries better

84% felt their parenting confidence was better

Fegans' Parent Support provides deep, long lasting positive changes for families.

" I learnt better listening skills, that it is ok to be different from my parents and that being nicer to the children isn't a weakness. "
MG, Tunbridge Wells

Key Benefits



Fegans' parenting programmes impact families, equipping them to have:

- A greater understanding of their children and the causes of their behaviour
- Increased confidence and self-esteem
- A tool-kit of techniques to manage family life
- Stronger family relationships with abilities to problem-solve

"Parenting programmes have increasingly come to be seen as a matter of public health. Improving the quality of parent-child relationships can be expected to have positive effects on individual children, families and society as a whole."

The Joseph Rowntree Foundation

For more information, please email info@fegans.org.uk, or visit www.fegans.org.uk



Fegans' Parent Support





What is Fegans' Parent Support (FPS)?

Fegans' Parent Support is a flexible, needs-led, solution-focused programme that aims to support, mentor and equip parents to manage their family life and relationships better. We want parents to feel confident and children to be resilient!

According to a study by the Department of Education, poor parenting can lead to disengaged children, social isolation, poorer academic achievement and lower life chances. Understanding and recognising parents' own difficulties and experiences can, in turn, help those parents make better decisions for their children.

We also know that good parenting can lead to:

- A sense of purpose, self-value and ability to become a net contributor to society
- Renewed confidence in the parent
- Happier children with higher chances of good mental health
- Generational cycles being broken as children who have been parented well go on to parent well.

We also deliver specific support for children and families with additional needs, please see our website for more details.

How does the FPS programme work?

Parent support is delivered by a locally recruited, trained and experienced Parent Support Worker or Volunteer. All workers have been trained in our evidence based programme of support and are able to work 1-to-1 with families, or in a group. All staff are supported with an ongoing schedule of continuing professional development and clinical supervision.

Referrals for families can be made by schools, Early Help, church workers or any other agencies who are involved with the family. Parents can also self-refer for support.

The programme is flexible, according to the family's needs. We will work with a family for between three to eight sessions, via 1-to-1 intensive support, looking at building relationships, understanding causes of behaviour and identifying techniques to help.

If appropriate, we can also offer a further six weeks of group work, introducing friendships and support with other parents, and consolidating the work done individually.

The FPS programme is designed to build resilience and then take vulnerable families on a journey from isolation to participation, from lack of self worth to growing confidence and hopeful home lives.

We also offer Zoom FPS (via the online video chat platform) so the same parenting support can be accessed from the convenience of your own home, and from anywhere in the country.

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Why is Fegans' Parent Support needed?

Parenting is much more than feeding and clothing children, keeping them clean and warm, and protecting them from harm.

The quality of relationships parents make with their infants and children is of paramount importance for mental health and wellbeing.

A 2014 Public Health England report highlighted that parents who are more responsive to their children's needs, who bond with their children early using positive interaction and engaging them in conversations, who set firm boundaries on acceptable behaviour and bedtimes and who use encouraging words rather than criticism, are likely to be helping to support their children to reach the best possible outcomes.

Going back over these things can also help with family relationships as children head into their teenage years and effectively enable them to become resilient and productive adults.

" I have learned to be a more confident parent, and be more organised. This course was amazing, helpful and built up my confidence. "
SV, Sevenoaks