

## What **parents** say?

I learnt about how to motivate the children to do things in the house, how to keep the routine going, how to manage the stress, how to play as a family, how to deal with my son's bad days and how to fill their cup of happiness. For me personally, this course has been a game changer.

I was overwhelmed, I did not know what to do. It was the best thing that happened to us. I do not have words to thank the navigators for listening and helping find solutions.

I've learnt so much, I've been on a journey, I have thoroughly enjoyed it. I am in a much better place, I would 100% recommend it.

## For more **information**

Please contact your school and speak directly to your dedicated navigator, or, contact your school's pastoral care team.

E. [earlyhelpnavigator@bcpcouncil.gov.uk](mailto:earlyhelpnavigator@bcpcouncil.gov.uk)

Updated April 2022

5 to 11 year olds



## The **Parenting** Journey



Supporting you to build a brighter future for your children.



BCP Family Information



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[bcpcouncil.gov.uk/familyhubs](https://bcpcouncil.gov.uk/familyhubs)




## Who are **school navigators**?

BCP Council navigators work in partnership with schools to support parents, carers, children and young people to achieve their best outcomes. Your school has a dedicated navigator who you can contact direct, via your school, or be referred to from the school or other agencies.

Navigators offer a wealth of experience and run programmes on a wide range of subjects such as:

- child development
- brain development
- personal, social and emotional development
- parenting
- developing good emotional wellbeing.



**We will help increase your knowledge so you can give your child the best start in life and ensure they reach their full potential.**

## The **Parenting Journey**

The Parenting Journey workshops support parents and carers to develop opportunities and build relationships with family members within the home environment. Parents/carers will be enabled to have a deeper understanding of how to positively support their children through these challenging years.

The Parenting Journey promotes the 'five to thrive' model which is a parenting approach which focuses on a way of understanding how connected relationships are fundamental to human wellbeing and help us build up resilience.

Being a parent is about learning all the time. During the six weeks of the Parenting Journey programme, we will use the 'five to thrive' model to support the parents/carers with:

- exploring brain development, age or stage related behaviour and techniques to help them understand their child's behaviour better
- parenting – what makes a family? What kind of parent are we? What were our parents like? What kind of parent would we like to be?
- top tips on establishing good routines and boundaries at home
- ideas and advice on how to improve parent/carer and child wellbeing and self-resilience
- role models, peer and friendship groups, social media, reducing screen time and sleep.
- creating happier and healthier families by promoting positive, secure and supportive relationships within the family and reducing conflict using the Reducing Parental Conflict model (RPC).