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.

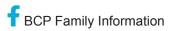
E. earlyhelpnavigator@bcpcouncil.gov.uk



The **Parenting** Journey



Supporting you to build a brighter future for your children.







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.



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).