



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent Course

A free course for parents of children aged 9 to 16 years

Delivered digitally via a video call app called Zoom.

Delivered for Parents by Parents

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks
will be built in
to the course

Course Details:

All groups will run for 9 consecutive weeks

Thursday's	Wednesday's	Thursday's	Tuesday's
Start: 21st January 2021	Start: 27th January 2021	Start: 28th January 2021	Start: 2nd February 2021
End: 18th March 2021	End: 24th March 2021	End: 25th March 2021	End: 30th March 2021
Time: 10 –12:00pm	Time: 12 –2:00pm	Time: 6–8:00pm	Time: 10–12:00pm

To sign up for the course, please follow the link below:

<https://www.headstartnewham.co.uk/get-involved/>

For more information and support, please follow us on Facebook, Twitter and Instagram @HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:

T: 0203 373 9983 E: headstart.programmeteam@newham.gov.uk





Being a Parent Course

(for parents/carers with a 9 -16 year old)

Each week the group looks at different topics related to your relationship with your child/ren including:

Being a Parent

The good enough parent
Taking care of ourselves

Parenting skills and Listening skills

Communication and listening

Feelings

Expressing and acknowledging feelings

Valuing your child

Using descriptive praise to change behaviour

Understanding conflict, negotiation and problem ownership

Negotiation skills
Choices, consequences and sanctions

Quality Time

Building your child's self esteem
What is it like to be a young person in Newham

Understanding children's behaviour

Exploring needs of your child and their behaviour
Discipline and household rules
Family meetings

Stress management, Review and Ending

Coping with stress
Reviewing your learning and celebration

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