

# Aspire Behaviour Management Virtual Parenting Support Programme

## Small changes can make **big differences!**

Aspire's Virtual Parenting Support Programme provides you with the opportunity to access advice, approaches, strategies and tools to effectively support your children at home in promoting positive behaviour and managing any challenging behaviour that **ALL** parents can come up against, in the most calm and effective way possible, fostering positive relationships and interactions with your children and hopefully helping to provide you, your child and your family with as much happy, warm and caring relationships and times as possible for you all to be able to enjoy!

### **All in your own time!**

**Access to the Aspire's Virtual Parenting Support Programme can be given to you for a 3-month period, so you can access the programme at home via your phone/tablet/laptop, at a time and space that is convenient to you!**

Don't just take our word for it, see what other parents have had to say about the Programme!

“ Doing this course has been extremely positive for me and my family. I have made small changes, but these changes have had a big impact and we all feel that these have made us a better family! ”

“ The ideas and approaches used throughout the programme are effective and inclusive for the different difficulties faced. ”

“ The programme has helped me to remain more calmer in situations and subsequently there are less arguments in our home. It's allowed me to stay calmer and helped me understand the importance of having and spending time with my children. It has really impacted on my relationship with my child! ”

“ ALL parents should give this a go! There will be something in the programme that you will find useful in supporting yours and your child's relationship. ”

“ The programme has helped me to become more assertive and ensure that I follow through with my words and expectations. It really helps you grow as a parent and supports improvements for your child. ”