The Benefits for Parents

- Manage everyday challenges at home
- Build stronger relationships with your children
- Feel more confident in your parenting
- Help your child regulate their emotions more effectively
- Increase family communication and interaction skills
- Build social support networks in your community





Signing up

Being a Parent is for everyone, so you don't need a referral to join!

scan the QR code to sign up

epec@trafford.gov.uk

Search: Trafford 'Being a Parent' group

www.trafford.gov.uk/epec

TRAFFORD FAMILY HUB NETWORK

Being a Parent

Our first peer-led parent & carer group



EMPOWERING PARENTS EMPOWERING COMMUNITIES

The Benefits for Children

- Develop emotional IQ to better express their feelings
- Learn helpful emotional regulation skills
- Grow in confidence and increased self-esteem
- Learn communication skills to help with social interactions
- Build skills in understanding and empathy for others
- Feel more connected to parents
- Positive social and emotional development



Session content

Being a Parent
- 'Good enough' vs 'Perfect'
- Parent Self Care

Feelings
- Acknowledging & accepting feelings
- Expressing feelings

Child-led play & listening
- How to get involved
- Letting children lead play

Valuing your child
- Avoiding 'labels'
- Descriptive praise

Understanding Behaviour
- Needs behind behaviour
- Discipline
- Commands, Consequences, Rewards

Discipline Strategies
- Developing boundaries
- Time to calm and saying 'no'
- Household rules

Listening & Communication
- Communication styles
- 'Open' & 'Closed' questions
- Reflective listening

Review & support
- Coping with stress and anger
- Where to get further support
- Ending celebration

Inclusive

Being a Parent was written to welcome and include parents/carers whatever their background, religion or culture.

Evidence-based

Being a Parent outcomes are continually monitored and analysed to ensure that the research and evidence base is up-to-date and effective for all families.

Duration

8 x 2hr sessions
One day per week

Refreshments are provided

