

Further Information & Bookings

For more information on the course and how to book your place please:

Check out our WEBPAGE:

<https://www.southampton.gov.uk/familyhubs>

where you will find everything you need to know about our Family Hubs including What's on, our parenting courses and Referral form . (Click what's on tab)

For further information or enquiries please contact:

EMAIL: Familyhub@southampton.gov.uk

Hub Co-ordinator

Amy Reid:

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Sure Start
Family Hub Southampton

We will be in touch to confirm places on the course



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Being a Parent -Together

**A FREE 10 week course
for Parents and main carers who co-
parent their children, aged 2-11 years,
whether living together or apart who
want to attend a parenting
programme together.**

Parents want the best for their children, and sometimes it can be hard to agree about how to do this.



Online Via Zoom

Dates: 3rd May-12th July

Day: Wednesday's

Times: 7.00pm-9.00pm

What does the EPEC Being a Parent Course Cover?

Being a Parent Together

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect' parent
- Taking care of ourselves

Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Stating the Positive

Expressing feelings and Play

- Expressing feelings and play
- Child-led play – Special Time

Valuing my Child

- Avoiding 'labels' and describing behaviour
- Using descriptive praise to change behaviour

Understanding Children's behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Team work & Household rules



Discipline Strategies

- Instructions, consequences, rewards and star charts
- Understanding what we mean by boundaries
- Saying No and Ignoring

Discipline Strategies (Continued)

- Time Out
- Communication 'Open' and 'Closed' questions

Listening

- Communication styles
- Reflective listening

Review and Support

- Coping with stress
- Reviewing the course & knowing where to get support
- Ending and celebration

Fathers and mothers who come to a Being a Parent-Together parenting course may be biological and 'step' parents, and/or foster and adoptive parents, inclusive of all sexual orientations and gender identifications. Parents attending together may be in relationship with each other, cohabiting, married or not, or they may have separated and/or divorced.

Both parents need to attend each session

*****Being a Parent-Together is not suitable for couples experiencing longstanding, frequent, intense and poorly resolved relationship conflict and/or domestic abuse/violence regardless of whether parents are together or separated.***