

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

**A FREE 9 week course
for parents and carers of children
aged between 2-11 years**

**Supporting parents to learn practical
communication skills to enable our children
to be, confident, happy and co-operative**



Online Via Zoom

Dates: 25th April-27th June

Day: Tuesday's

Times: 10:00-12:00

What does the EPEC Being a Parent Course Cover?

Being a Parent

- 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
- Expressing feelings

Play and listening

- Non-directive 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
- Commands, consequences, rewards and star charts



Discipline Strategies

- Understanding what we mean by boundaries
- Time out and saying 'No'
- Household rules

Listening

- Communication styles
- Helping a child when upset
- 'Open' and 'Closed' questions
- Reflective listening

Review and Support

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

What parents say about EPEC

- *Because the volunteers are so good they have motivated me to keep bettering myself and improving parenting skills. Me following this has already had a positive impact on my home life and the children and school.*

Parent Southampton Ashby Children's Centre

- *I feel I have more confidence as a mum and a person. Really glad I took part in this course.*

Parent Southampton Townhill Children's Centre

