

Family Mental Fitness North East

Programme Overview Parent Support Groups



EYFS	KS1	KS2	KS3	FAMILIES
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Parent Support Groups are themed, parent-only sessions offering practical tools, shared experiences, and strategies that complement the therapeutic work their children are doing. Topics include sleep hygiene, Zones of Regulation, reducing screen time, understanding sensory needs, and simple, budget-friendly family recipes.

Sessions are relaxed and supportive, helping parents feel more confident and connected in their role—whether they're navigating meltdowns, mealtimes, or mental health.

Purpose

To empower parents and carers with knowledge, confidence, and simple strategies they can use at home to support their child's emotional, sensory, and behavioural development. Each session reflects and builds upon the strategies used in children's therapy or school-based support.

Impact

- Builds consistency between therapeutic support and home routines
- Helps reduce conflict and increase calm within the family home
- Creates a space for connection, reflection, and shared problem-solving
- Boosts parental confidence in managing everyday challenges

Outcomes

- More aligned support across home and therapy settings
- Stronger emotional bonds between parent and child
- Greater understanding of children's emotional and sensory needs
- Increased parental wellbeing and reduced feelings of isolation

Example Session Structure

Each session includes:

- Welcome, refreshments, and informal check-in
 - A short, themed talk (e.g. “Bedtime Battles: Why They Happen & What Helps”)
 - Group discussion with shared tips and ideas
 - Hands-on activity (e.g. creating a bedtime chart, calm corner plan, or visual routine)
 - Take-home sheet with practical tools and further resources
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Group Size

- Small group: 6 to 10 parents/carers
 - No children present
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Session Duration

10 × 30 minute sessions

Cost Per Session

Schools and Public Bodies: £15

Subsidised for families: £7

For Funders

Fully funded cost per 12-week programme: £1600

(£16 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

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