

**About this programme**

**Suitable for**

Parents and carers of children with additional needs. This can be a physical need, emotional need or learning difficulty.

**Programme aims**

To help parents/carers by offering positive practical and fun ways of guiding children so they can manage their feelings and behaviour. There is a focus on looking after yourself and understanding you and your own child’s emotional needs and build good communication and practical strategies to manage behaviour.

**Programme length**

1-2 hour session per week for 8 weeks. This includes an introductory session.

**What the sessions cover**

* Understand why children behave as they do.
* Recognise the feelings behind behaviours (ours and theirs)
* Explore a different approach to discipline.
* Find ways to develop co-operation and self-discipline in children.
* Importance of looking after ourselves

**Here’s what other parents said after the programme**

**Parent A:**

“I found the course fantastic, it was lovely knowing I wasn't on my own and I met some lovely people along the way. I have gained more confidence in myself and my parenting. I have learnt new ways to help my children and also myself. My family have found that me doing this course