

# Being a Parent outline

## *Session 1: Being a Parent*

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

## *Session 2: Feelings*

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

## *Session 3: Play and listening*

- Child-led play

## *Session 4: Valuing my child*

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

## *Session 5: Understanding children's behaviour*

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts

## *Session 6: Discipline strategies*

- Understanding what we mean by boundaries
- Time out and saying 'no'
- Planned vs unplanned discipline responses
- Household rules

## *Session 7: Listening*

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

## *Session 8: Review and support*

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