

# One Stop Parent Shop - Parenting Group

## Session Plans:

### Week 1 – Thursday 15<sup>th</sup> April (3.30-4.30pm)

- How are you?
- On an 'ok' day, how do you feel about yourself and your parenting skills?
- On a day that's not so good, how do you feel about yourself and your parenting skills?
- Relationships and how you communicate with those around you – when things are going ok and when times are more difficult, like when you're feeling stressed or emotionally 'full-up'.
- Rhythms and Routines – what's been the impact of the last year? Consider mealtimes, sleep, exercise and boundaries.

### Week 2 – Thursday 22<sup>nd</sup> April (3.30-4.30pm)

- No 'setting goals/targets' – rather, think about where you are currently and what you would like to build on.
- How do you respond to pressure/additional stress/demands – at home/work? How about your child? What coping /re-balancing skills do you have - and your child?
- What and who helps you to cope? What do they say/do? Can you relate this to supporting your child?
- De-escalating situations with your child? How to stay calm but succeed!

### Week 3 – Thursday 29<sup>th</sup> April (3.30-4.30pm)

- How to develop children's resilience and confidence? How can we support emotional well-being so children better manage big feelings (eg disappointment, frustration, upset)?
- How do we know how children are feeling? What are the signs and signals? How do we respond? What are children's big worries/fears?
- Developmental stages – link to children's behaviours.
- How to recover when things go wrong – 're-tuning' relationships.

### Reunion Session (TBC)

- How is it going?