



# Session one

## 'You're not alone'

Running time: 12 minutes

Being a parent can be hard and lonely – but it can be funny too! Often we can cope better if we know we're not the only ones finding it difficult.

There are two particular pressures these days.

- Feeling alone
- The need to look as if everything is fine

Remember – you are not alone – others have gone through this themselves.



"I sometimes feel that way myself."



### Tips

*Be more honest with each other - don't share just your successes, share your failures too.*

### Think it through

- Have you ever been through a hard time as a parent? What helped you to cope?  
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- Life is often busy. Is there anything you could stop doing, so that you could start doing something else?  
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- We need to be honest with each other. Look at the following comments. What could these parents have said differently, to allow them to support each other?
  - "Actually he's causing me real problems at the moment. Oh well, not to worry! How about you?"
  - "It's all terrible, but I'll cry if I talk about it"
  - "Poor you, how awful. Well, I'd better go and put the dinner on."

### Action

Do you know anyone you can meet up with for a regular chat, so that you can support each other as parents? Or, why not start a parents' coffee morning?



### Did you know...

In a recent survey, only 5% of parents had been on a parenting course, but 77% said they'd consider it.

Taking from: 'Parenting Across Scotland' survey





# Session two

## 'The gift of acceptance'

Running time: 16 minutes

We all have a need to feel accepted – and this is especially true of our children. Their self-esteem can be very fragile, and they can easily feel judged about their:

- looks
- weight
- success at school; and
- sport skills.

So, how should you react? How can we encourage our kids without putting pressure on them?

We need to encourage our children, but we also need to let them know we love them.

- Tell them you love them whatever they look like.
- Tell them you love them whatever their grades are.
- Let them know you love them – exactly as they are.



- Of course we need to push our children a bit – we're their parents – but our children need to know they're accepted. How can we encourage them to succeed or look good without making them think that they need to do these things for us to accept them?  
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- Did you feel accepted as a child?  
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- How has this affected you in later life?  
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Write a letter or plan a time to tell your children how precious they are and what you like about them.