



Care for the Family is a national charity which aims to promote strong family life and to help those who face family difficulties. We aim to help parents develop firm foundations and have the confidence in themselves and their parenting skills to build strong, healthy family relationships.

## Parenting Courses



Our parenting courses are written in a highly practical and easily accessible format. Regularly updated they are developed on research based theory and practice, and feedback from parents and our Licensed Facilitators.

"Our family life before the course was unbearable. Now our daughter does not have any tantrums, we have all modified our behaviour and we have a much happier family life."

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### Our approach is

- Common sense, user friendly, with a practical approach
- Relationship based and preventative
- Using parents' existing strengths and looking to build on these
- Using our expertise to guide and not adopting an "experts" approach
- Popular with parents and facilitators
- Developed for preventative and early intervention
- Widely used across the UK by Local Authorities, Children's Centres, schools and faith and voluntary organisations



### Using best practice

- Our courses are underpinned by research and evidence based theory and practice
- Course delivery is to groups of parents using a range of interactive small group work, individual and home based activities and using different learning styles
- Each course's set of expected outcomes are evaluated for each course
- Quality controlled with course material only available to our Licensed Facilitators to maintain fidelity

### Who are our courses for?

Our Positive Parenting courses are designed to be used at a preventative or an early intervention level, helping parents with general parenting issues and situations where there are or might be risk of behaviour and / or emotional difficulties. Parents attending with a higher level of need may benefit from attending, but would also require support or interventions from other organisations and agencies. The courses are not suitable for parents of children with conduct disorder.

The courses have been developed and are used in many different settings and across a wide range of parents. When delivering to groups skilled facilitators are aware of individual needs of parents as well as the different family backgrounds, learning abilities, sexual orientation, and ethnic diversity of group members.



## How our courses helped one family build stronger relationships

"Doing this course was the best decision of my life. I thought my son was naughty and I was doing something wrong but now I'm conscious of him, his temperament and how I should build up his emotional bank account. Before I did nothing except say 'I love you'.

Since starting this course my son has not had one tantrum because I have rearranged my parenting style. This has been amazing! As a single parent I don't have anyone to ask, 'did I handle that right?' Now I feel confident in my ability as a parent and will change my relationship with my son."

Mum commenting on The Early Years course

## Widely used across the UK

Positive Parenting courses have supported tens of thousands of parents over the past 35 years.

Our courses are widely used by local authorities (education, youth offending and Children's Centres), health agencies, schools, prisons and faith and community organisations across the UK.

"I'd like to congratulate Care for the Family for its excellent course, How to Drug Proof Your Kids. It provides vital information for parents and carers, improving their awareness and knowledge on this important topic. Parents say it gives them hope and confidence, equipping them to help their children to make good choices."

**David Strang**

**Former Chief Constable, Lothian and Borders Police**

## Recognised as a leading UK parenting charity

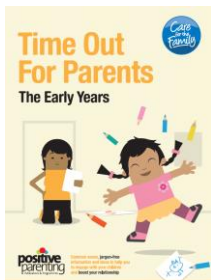
- Care for the Family reaches over 30,000 families throughout the UK and the Isle of Man every year, providing a wide range of support, awareness and education
- Member of the Expert Reference Group that produced the 2011 National Occupational Standards for Work with Parents
- Regularly consulted by government on family policy

## Positive Parenting Courses

Each of our parenting courses has an easy to use Facilitator Manual that guides you through the content and how to deliver each session. Our easy to read Parent Handbooks have been produced to use both in the group sessions and also to help parents try out ideas at home.

### Core courses:

#### “Time Out for Parents” series



<b>The Early Years</b>	children from birth to the early years
<b>The Primary Years</b>	children in primary and junior schools
<b>The Teenage Years</b>	pre-teenagers or teenagers
<b>Dads</b>	why and how dads can play an active role
<b>Handling Anger in the Family</b>	helping parents to recognise and handle anger safely and to help their children handle anger well

### Other core courses

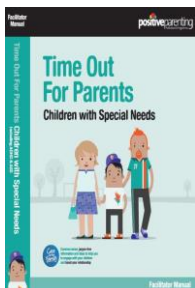


<b>Drug Proof Your Kids</b>	resourcing parents of children 8-12 years to help make good choices and reduce harmful drug use
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<b>Quidz In</b>	equipping parents of children 8-18 years to give a good understanding of the world of money
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### Specialist course



<b>Children with Special Needs</b>	understanding & supporting children aged 0 -11 who have special educational needs
With additional sessions on:	
<b>Children with ASD</b>	understanding & supporting children with ASD
<b>Children with ADHD</b>	understanding & supporting children with ADHD



## Soundly based on Evidence Based Theory

Our Time out for Parents' courses are informed and underpinned by the following research based theories:

- Attachment
  - Temperament and Personality
  - Parenting Styles
  - Adult Learning Theory
  - Model of Human Ecology
  - Social Model of Disability
- Theories of human behaviour:
    - Behaviourist
    - Social Learning Theory
    - Cognitive
    - Humanistic - Rogers

"The theoretical influences of the course are largely well represented and embedded in the content and processes of the course with a predominant focus on behavioural, social learning theories and attachment theories."

NAPP evaluation of Time Out for Parents (2010)

## Effective and appreciated

Our experience tells us how much parents and carers value our parenting courses. To build our evidence base we ask parents to complete pre and post course evaluation forms. This helps parents recognise changes they have made and the real difference within their family lives. We also encourage our Licensed Facilitators to gather feedback during each session.

"All of the measures show a clear increase between the pre and post scores. The biggest change is related to their understanding of parenting styles. This reflects an increase in understanding and comprehension. Smaller changes are shown related to changes in their perceived confidence or ability (for example: their confidence in their ability to handle conflict). These are very encouraging signs."

CANparent sample of 18 parents, who attended Time Out for Parents The Early years courses in autumn 2013, specifically matched pre, post and three month evaluation forms.

Evaluation conducted as part of successful CANparent Quality Mark assessment (2013)

## Course development

We regularly review and revise our courses by looking at current research and new developments in the understanding of child development and family relationships. Parent evaluations and facilitator feedback help keep our courses responsive to the needs of parents.

## High quality course delivery

To maintain fidelity and ensure a high quality of delivery, all our courses are run by Licensed Facilitators. To gain a Licence, our facilitators must attend both of our training events, Facilitating Groups and Working with Parents, or have previously received recognised training that covers both of these trainings. The Facilitator Licence is renewed after running at least one course every two years by submitting parental and facilitator evaluations to Care for the Family.

Facilitators are supported through a freephone support line, online resources (accessible only by licensed facilitators) and our regular email newsletter giving updates on course delivery and developments in parenting support.



## Research based evidence for parenting courses

Looking to the future, there is much important learning from the CANparent trial as a whole (Phases 1 and 2 *in England*) that will be useful for the development of parenting classes:

- There is strong support for the development of provision to support parents in the challenging task of being a parent and raising their children effectively.
- There is a place for both universal and targeted parenting support; they have different but complementary purposes, and a comprehensive service for supporting parents requires universal, targeted and, in a small number of cases, specialist parenting support.

CANparent Trial Evaluation: Phase 2 Final report January 2016

Studies also suggest that theoretically sound parenting courses, underpinned by strong research evidence, consistently result in positive gains for parents and children. (Melhuish et al, 2008).

All evidence based parenting courses are underpinned by sound theoretical principles that have been supported by a substantial amount of research in the field of child development. While a variety of models have informed the development of parenting courses, four core theories underpin the majority of them: social learning theory, attachment theory, parenting styles theory and the model of human ecology.

NAPR Evaluating the Evidence (2010)

“Group-based parent-training courses can improve emotional and behavioural adjustment in very young children.”

Family and Parenting Institute The delivery of parent skills training courses (2009)

“There is evidence to show that parent education courses can be an effective way of improving the behaviour of pre-adolescent children who have behaviour problems. The effects last over time.”

“Overall, behaviourally oriented parent education courses seem to produce the biggest subsequent changes in children’s behaviour. While courses with a strong emphasis on communication and relationships increased positive parental outcomes and family cohesion and decreased family conflict, there is less evidence at present of reduction in deviant child behaviours.”

“The results also indicate that group-based courses may produce more changes in children’s behaviour and be possibly more cost-effective and user friendly than individual courses. Group discussions can be a strong source of non-stigmatising support for parents.”

“In looking at the style of work, the most effective approach for the facilitator seems to be an interactive model of learning of teaching, leading and role playing which increases parents’ confidence in their own ideas.”

Barnardos What works in parenting support (1999)

## Training effective facilitators

Our high quality training modules are practical and interactive, giving facilitators the theory and day to day strategies needed for working in groups and supporting parents. As well as being a pathway to becoming a Licensed Facilitator of our courses, the training stands alone for all practitioners wanting to develop their skills and knowledge base.



“The trainers were fantastic, engaging, knowledgeable, fun, informative and encouraging.”

“Now I am feeling I have the knowledge and ideas to deliver courses to my centre. My parents will be benefited by this.”

“The trainers have 'earthed' the content and made it relevant, interesting and valuable.”

“I thoroughly enjoyed the course from a future facilitator point of view, as a parent, grandparent and as a change of career as a social worker. I wish I had done this course 28 years ago. The facilitators were great.”

Both of the trainings have been mapped specifically to the 2011 National Occupational Standards for Work with Parents.

Positive Parenting trainers are widely experienced with a range of backgrounds and qualifications, being qualified to the Training Parent Educators (TPE) Award or equivalent, and having practical experience of working with groups, supporting parents and running parenting courses.

## Cost of running a course

Our aim is to help families and make the Positive Parenting courses easily accessible. We try to ensure that on going delivery costs are kept low.

## Contact us

We are passionate about supporting parents, and are motivated and encouraged by the difference that we see the Positive Parenting courses making in the lives of parents every week.

We'd love to talk to you further about this work and how you can use the courses to support your parents and make a difference.

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**Community Training Manager**

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Care for the Family – a Christian response to a world of need. [cff.org.uk](http://cff.org.uk)

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