

## **FAMILY LIVES PARENTING PROGRAMMES, AUTUMN 2020**

### **Bringing Up Confident Children for Parents of Children aged 5 to 13 with ADHD**

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover the following:

- \* ADHD - a whole-family issue
- \* Understanding your child's behaviour
- \* Helping your child manage their feelings and outbursts
- \* Balancing support of siblings
- \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

### **Bringing Up Confident Children for Parents of Children aged 5 to 13 with SEN**

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover the following:

- \* Understanding your child's behaviour
- \* Helping your child manage their feelings and outbursts
- \* Balancing support of siblings
- \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life
- \* Being positive with your children
- \* Considering what discipline is about and the kinds of discipline that help

### **Getting on with your Pre-Teen / Teenager for Parents of Children aged 10 to 16**

This programme is particularly suited to parents and/or carers of pre-teens/teenagers who may have FFA, CIN, CP or Youth Justice Plan and are showing signs of:

- \* Risky behaviour online through social media
- \* Attraction to or involvement in gangs
- \* Alcohol and/drugs , early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour