

Parents Plus 1-6 Years Programme

(Developed by Dr. John Sharry & Prof. Carol Fitzpatrick in 2008)

Clarecare provides a range of parenting support programmes throughout Co. Clare.

These programmes are facilitated by professionals from Clarecare's Family Support Team, Two facilitators deliver parenting programmes over 8 weekly 2 hour sessions. Parenting programmes can accommodate a maximum of 15 parents per group.

The Parents Plus 1-6 Years programme is aimed specifically at parents of children aged between 1 and 6 years. Each week the group focuses on a topic which is of relevance to children within this age group. It draws on well researched ideas about managing

children's behaviour, child development and building a positive relationship between parents and children.

How does the Parents Plus Programme help families?'

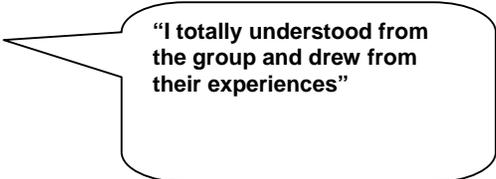
The programme provides parents with practical ideas, using video examples of parent-child interactions. These examples illustrate ideas about being responsive as a parent, communication, behaviour management, and specifically managing tantrums. The programme is positive and focuses on parents' strengths in order to deal with the challenges of parenting a child in the 1-6 age range. It aims to help parents enjoy a better relationship with their children.

As part of this exciting programme parents can enjoy:

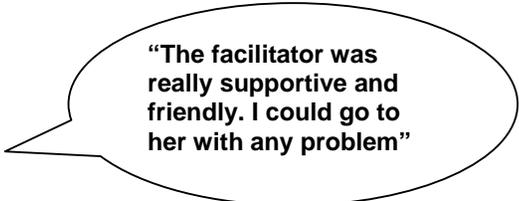
- Meeting other parents with children in the same age group.
- Weekly handouts and tips about dealing with their specific issues at home.
- Information from facilitators about other services available to parents.
- An opportunity to make new friends

Quotes from previous

Participants:



"I totally understood from the group and drew from their experiences"



"The facilitator was really supportive and friendly. I could go to her with any problem"

What does it involve?

The programme covers a wide range of areas to help parents. These topics include:

1. Tuning into your child.
2. Child centred play and communication.
3. Encouraging & supporting your child.
4. Expanding language & teaching new tasks.
5. Understanding & responding to misbehaviour.
6. The praise-ignore principle.
7. Assertive parenting: Taking the lead with children.
8. Assertive parenting: Following through on rules.
9. Teaching children new skills using routines & rewards.

Methods Used

Each week facilitators deliver this Parents Plus programme using a selection of video clips from the Parents Plus 1-6 years Programme, group discussion and exercises. Group discussion and exercises give parents an opportunity each week to think about how they might put the ideas introduced in the video into practice in their own homes.

For more information about this or other parenting support programmes delivered by Clarecare contact: Michelle Barnes Parenting Support Clarecare (065)6894246 or email: parentingsupport@clarecare.ie.



www.clarecare.ie

**The Parents Plus
1-6 Years
Programme**

