

Parents Plus 6-11 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 6-11 Years programme is aimed specifically at parents of children aged between 6 and 11 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, 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 positive communication, and behaviour management. The programme is positive and focuses on parents' strengths, in order to solve problems and enjoy a better relationship with their children.

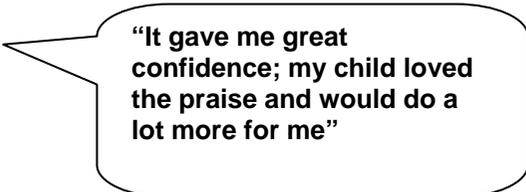
As part of this exciting programme parents can enjoy:

- Meeting other parents with children in the same age group.

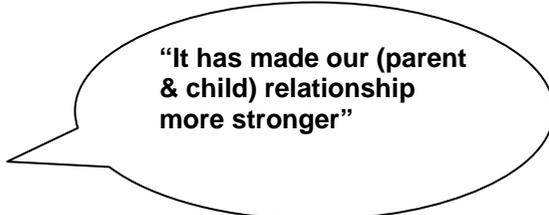
- Weekly handouts and tips about dealing with their specific issues at home.
- Information from facilitators about other services available to parents.
- An opportunity to make new friends

Quotes from previous

Participants:



"It gave me great confidence; my child loved the praise and would do a lot more for me"



"It has made our (parent & child) relationship more stronger"

What does it involve?

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

1. Using Parental attention to change behaviour.
2. Play and Special Time with children.
3. Encouragement and Praise.
4. Effective use of Reward Systems.
5. Setting Rules and Handling Misbehaviour.
6. Using Active Ignoring to reduce Misbehaviour.
7. Time Out and other Sanctions.
8. Solution Building/Problem Solving with Children.

Methods Used

Each week facilitators deliver this Parents Plus programme using a selection of video clips from the Parents Plus 6-11 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
6-11 Years
Programme**

