



Better Parenting Program

8 x 1 hour Sessions

Suitable for parents only (including foster parents or carers)
or parents with their children (aged 8 years and over).

Session 1 – Lets talk about Parenting

Examine:

- Perspectives of participants on what makes a good parent
- What the research says – good parenting is about warmth, consistency and clear boundaries that ensure physical and emotional safety. How are these put into place?
- Some of the challenges faced by people in your group

R2R exercises:

- The Speakers Chair – questions address perspectives on good parenting and the challenges of parenting well.
- The Lookout - what's going right with you and your child (children)
- Hands Off – the importance and challenge of defining and implementing boundaries.

Session 2 – Communication

Examine:

- The basic factors that underlie good communication – listening, timing, motivation, awareness etc.
- The factors that undermine good communication – emotions, anxieties, resistance, distractions etc.
- The way communication is impacting your relationship with your children
- The way communication is impacting your relationship with other stakeholders, partners, grandparents, teachers etc.

R2R exercises:

- Call & Response – relate to communication
- Listen closely
- Dialogue
- Talk to me

Session 3 – Healthy Relationships

Examine:

- The values that support healthy relationships
- How these values shape our actions toward each other
- The importance of looking for the positive in each other
- The powerlessness of blame

R2R exercises:

- Finding Five or more – listing and reinforcing your key values
- Crossing the line – boundaries that define healthy relationships
- The Appreciation chair
- The Blame Game

Session 4 – Teamwork – The Family as a Team

Examine:

- Areas in which teamwork makes family life, including parenting, easier
- The key factors that make teamwork possible
- The factors that undermine teamwork in families

R2R exercises:

- The Speakers Chair – questions relate to teamwork and its relationship to parenting
- Your Family, your Bass
- Help me out if you can
- One to the right & one to the left

Session 5 – Family Harmony

Examine:

- What impacts harmony in family units
- The importance of balance in our relationships
- The need for compromise for the greater good
- The rewards of kindness & forgiveness

R2R exercises:

- Harmony
- In Balance
- Giving & Receiving
- Drop it – letting go of resentment

Session 6 – Belonging & Connection

Examine:

- The importance to children of a consistency, security, trust, and love
- How we can best provide that for them and what can undermine it
- The importance of clear values & boundaries
- The importance of quality time

R2R exercises:

- Find your Base, Find your Place
- Trust Me
- Relate to the rumble
- It takes time

Session 7 – Self Belief

Examine:

- What you are doing right
- The strengths you have and areas for further development
- The doubts that undermine your confidence – examine faulty reasoning
- The power you have to make the changes you need to make

R2R exercises:

- Accent the Positive
- Find your Strengths rhythm game
- The Ego trap – align this to people's negative thoughts around their parenting ability
- I've got the Power

Session 8 - Moving through the Hard Times

Examine:

- How people overcome some of the challenges of parenting
- How social support & friendship impacts resilience
- The power that comes with accepting responsibility for our actions, including our mistakes
- Our key learnings from this course and how we may use them to improve our parenting.

R2R exercises:

- Bounce back – relate to overcoming parent/child or parenting/partner breakdown
- Friends
- Find your voice – theme this around better parenting
- In a nutshell – thoughts about this course