

INFORMATION SESSION – HANDOUT 1

COURSE OUTLINE

Session 1: *Being a Parent*

Getting to know each other
Goals for parent and child
'Good enough' vs 'perfect' parent
Taking care of ourselves

Session 2: *Feelings*

Remembering what it was like to be a child
Acknowledging and accepting feelings
Expressing Feelings

Session 3: *Play*

Child-led play – Special Time

Session 4: *Valuing my child*

Avoiding 'labels' and describing behaviour
Using descriptive praise to change behaviour

Session 5: *Understanding children's behaviour*

Understanding children's needs and their behaviour in response to needs
Discipline
Commands, consequences, rewards and star charts

Session 6: *Discipline strategies*

Understanding what we mean by boundaries
Time Out and saying 'No'
Household rules

Session 7: *Listening*

Communication styles
Helping a child when upset
'Open' and 'Closed' questions
Reflective listening

Session 8: *Review and support*

Coping with Stress
Reviewing the course & knowing where to get support
Ending and celebration