



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



# Being a Parent Course

A free course for parents of children aged 9 to 16 years

**Delivered digitally via video call app called zoom OR in a safe community setting following government guidelines.**

## Delivered for Parents by Parents

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

*Comfort breaks  
will be built in  
to the course*

## Course Details:

**Tuesdays  
(On Zoom)**

**Start:** 28th Sept 2021  
**End:** 30th Nov 2021  
**Time:** 10am–12pm

**Wednesday  
Canning Town Community  
Library**

**Start:** 6th Oct 2021  
**End:** 8th Dec 2021  
**Time:** 12pm–2pm

**Thursdays  
(On Zoom)**

**Start:** 30th Sept 2021  
**End:** 2nd Dec 2021  
**Time:** 6–8:00pm

**Thursdays  
Canning Town Community  
Library  
(Delivered in Urdu)**

**Start:** 23rd Sept 2021  
**End:** 25th Nov 2021  
**Time:** 10am–12pm

To sign up for the course, please follow the link below:

<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

**For more information and support, please follow us on Facebook, Twitter and Instagram  
@HeadStartNewham**

You can still contact us Monday–Friday from 9am–5pm on the following details:

[headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



# Being a Parent Course

## (for parents/carers with a 9 -16 year old)

**Each week the group looks at different topics related to your relationship with your child/ren including:**

### Being a Parent

The good enough parent  
Taking care of ourselves

### Parenting skills and Listening skills

Communication and listening

### Feelings

Expressing and acknowledging feelings

### Valuing your child

Using descriptive praise to change behaviour

### Understanding conflict, negotiation and problem ownership

Negotiation skills  
Choices, consequences and sanctions

### Quality Time

Building your child's self esteem  
What is it like to be a young person in Newham

### Understanding children's behaviour

Exploring needs of your child and their behaviour  
Discipline and household rules  
Family meetings

### Stress management, Review and Ending

Coping with stress  
Reviewing your learning and celebration

For more information and support, please follow us Facebook, Twitter and Instagram @HeadStartNewham  
You can also visit our website [www.headstartnewham.co.uk](http://www.headstartnewham.co.uk)

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