

Parenting Group

**IMPROVE FAMILY RELATIONSHIPS AND MANAGE CHILDREN'S
DIFFICULT BEHAVIOUR**

FOR PARENTS OF CHILDREN AGED 4-10

WHY A PARENTING GROUP?

- Parenting is the most important job adults do
- Challenging behaviour causes stress in families
- Improves family functioning
- Learn new skills to manage challenging behaviour
- Confident parents make a difference in families
- Learning parenting skills in a supportive group is effective



WHAT IS COVERED?

Play/involvement
Praise/rewards
Limit setting
Discipline

Interpersonal skills:
Problem solving
Anger management
Communication
Giving and getting support

The groups consist of weekly 2 hour sessions over 6/ 12 weeks during the school term. Depending on which group is appropriate to your needs.

HOW DO I GET A PLACE ON THE GROUP?

You can refer yourself by calling the number below or any professional who is involved with you (school, G.P., social work, health visitor etc) can refer you to the group.

We will meet with you before the group starts to find out a bit about you and your child and to give you further information. This is also a chance to meet us and ask any questions. We will ring you to arrange this.

WHO RUNS THE GROUP?

The Parenting Team is made up of professionals from a variety of agencies in East Lothian who work with children and families.

For a referral form contact: dfrancis@olivebank.elcschool.org.uk or for more information phone **01875824309 (contact centre) and ask for **Tricia Ronaldson****