



# USING SCHOOLS FOR PARENTS TOO

WORKING TOGETHER TO BRING PPCP TO THE BALLYFERMOT COMMUNITY

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## WHY THE COMMUNITY GOT INVOLVED

History of positive interagency work in Ballyfermot

Need for preventative approach to behaviour management in schools



Difficulty in parents accessing and completing parenting programmes previously

Opportunity to empower all parents in the local community

## AGENCIES INVOLVED IN THE PROJECT



13 school and community agencies



## LETTING THE COMMUNITY KNOW ABOUT PPCP

- Ballyfermot Parents Plus [Facebook](#) page
- Parents Plus Information mornings
- September/ June parent meetings
- Posters
- Text-a-parent
- Word of mouth
- Meeting over tea!



## TYPES OF DELIVERIES - UNIVERSAL



### FEATURES OF THIS DELIVERY

*Delivered primarily by HSCL/SCP*

*Some schools partnered with other schools or a community agency*

*Open to all family members*

*Self-referral*

*HSCL/SCP referrals*

*Larger group (8-15 parents)*

*Mainly morning groups*

*Parents may not need additional supports*

Parents with substance addiction, mental health issues and/ or social work involvement

## TAILORED DELIVERIES

Parents who are members of the local Travelling Community

### FEATURES OF THIS DELIVERY

- *Pre-engagement work with families prior to PPCP starting (informal & formal)*
- *Previous relationship between parents and facilitators/ agencies delivering training*
- *Small group (3-8 parents)*
- *Programme adapted to meet specific needs of parents attending*
- *Part of a structured delivery of support to the family*
- *Additional support offered during the 8 weeks*

Interagency work was key to its success

## OVERCOMING CHALLENGES

- Buy-in/ commitment
- Time (Planning and delivery)
- Staff changes
- Availability of evening courses



## POSITIVE OUTCOMES

- ✓ Significant improvements in children's behaviours, greater levels of parental satisfaction and reduction in parental stress levels
- ✓ Relationship building
- ✓ Parents increased involvement in school and community
- ✓ Up-skilling of facilitators and agencies
- ✓ Linking families with additional services post-PPCP
- ✓ PPCP embedded in school planning

115 families have participated in PPCP since September 2014

## WHAT OUR PARENTS SAY ABOUT PPCP

I really enjoyed having a group to share.

It was great to realise that you're not on your own.

Every week I was discovering something new and important to improve myself as a person and as a parent.

I learned to be more mindful of my kid's emotions and listen more.

I loved the press the pause button. It made me realise how to relax myself without shouting or giving out.

I would highly recommend it to every parent out there.