

ParentsPlus

Empowering Professionals to Support Families



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

Parents Plus have developed five flagship programmes in partnership with parents and children living in Ireland and each includes their specific experiences. The programmes combine a social learning model with a solution-focused preventative framework that encourages and empowers parents and children to 'take charge' and make positive changes in their lives.

Early Years Programme	Children's Programme	Adolescents Programme	Working Things Out	Parenting when Separated
for parents of children aged 1 to 6.	for parents of children aged 6 to 11.	for parents of adolescents aged 11 to 16.	for adolescents aged 11-16.	for parents who have separated.

Parents Plus Programmes are delivered as structured courses for small groups of parents, children and adolescents utilising DVD input, booklets, group exercises and homework. They can be delivered as:

- ➔ Universal programmes targeted at families within the community who are dealing with the normal ups and downs of bringing up children.
- ➔ Preventative programmes targeted at vulnerable families at risk of behavioural and emotional problems.
- ➔ Specific interventions targeted at families with specific needs and whose children are exhibiting behavioural, emotional and developmental problems.

Parents Plus Programmes are delivered to families in a variety of community and specialist settings including:

- ➔ Family resource centres and primary care settings.
- ➔ Childcare centres and preschools.
- ➔ Primary and secondary schools.
- ➔ Child disability services and early intervention teams.
- ➔ Mental health services and child protection agencies.



Early Years Programme

An evidence-based parenting course promoting confidence, learning and positive behaviour in young children aged 1 to 6 years.

Authors: John Sharry, Grainne Hampson, and Mary Fanning

Drawing on well-researched ideas about child development, and parent-child communication, the Parents Plus Early Years Programme is ideal for parents who want to maximise their children's learning, language and social development, as well as reduce behaviour problems, while ensuring their children grow up happy and emotionally secure. The programme is suitable both for children within the normal range of development as well as children with special needs, such as ADHD, speech and language and other development difficulties.

Topics include:

- ➔ Being a responsive parent.
- ➔ Child-centred play and communication.
- ➔ Supporting children's self-esteem and confidence.
- ➔ Promoting children's language and development.
- ➔ Helping children concentrate and learn.
- ➔ Building cooperation in young children.
- ➔ Establishing daily routines.
- ➔ Managing tantrums, misbehaviour and problems.

Materials include:

- ➔ Two DVDs containing 3 hours of footage and over 80 real scenes of parenting situations, backed up by comments from professionals, parents and children.
- ➔ A comprehensive Facilitator Manual that contains the full DVD text, extensive background information, a full guide on how to prepare and run each session, detailed group exercises, and handouts and homework assignments.
- ➔ Two Parent Booklets that contain all the handouts and worksheets for participants.
- ➔ A copy of the accompanying parents' book, '*Parenting Pre-schoolers and Young Children*' which contains further information on tackling common problems.



Children's Programme

An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.

Authors: John Sharry and Carol Fitzpatrick.

Targeting the needs of primary school children, the Parents Plus Children's Programme shows parents how to communicate positively with children, illustrates ways to encourage good social skills and presents well-researched methods to tackle behaviour problems. The aim of the course is to help parents to develop closer and more satisfying relationships with their children and to solve discipline and other childhood problems.

Topics include:

- ➔ Solving childhood problems.
- ➔ Play and special time with children.
- ➔ Building children's self-esteem and confidence.
- ➔ Encouraging children's learning/Supporting homework.
- ➔ Setting rules and helping children keep them.
- ➔ Establishing daily routines.
- ➔ Managing misbehaviour using consequences and sanctions.
- ➔ Problem solving/Talking problems through with children.

Materials include:

- ➔ Two DVDs containing 2.5 hours of footage and over 80 real and role-played scenes of family interactions, backed up by comments from professionals, parents and children.
- ➔ A comprehensive Facilitator Manual that contains the full DVD text, extensive background information, a full guide on how to prepare and run each session, including suggestions on how to structure group discussion and use role-play.
- ➔ Two Parent Booklets that contain all the handouts and worksheets for participants.
- ➔ A copy of the accompanying parents' book, '*Positive Parenting*', which contains further information on tackling common childhood problems.



Adolescents Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

Authors: John Sharry and Carol Fitzpatrick.

The Parents Plus Adolescents Programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives. The DVD illustrates well-researched principles of effective communication and conflict resolution, which parents can use with their teenagers, to help them grow into responsible young adults. The DVD also includes role-played scenes, interviews with parents, as well as interviews with young people about being a teenager and their view on what makes families run smoothly.

Topics include:

- ➔ Connecting with your teenager.
- ➔ Communicating positively and effectively.
- ➔ Building your teenager's self-esteem and confidence.
- ➔ Negotiating rules and boundaries.
- ➔ Teaching teenagers responsibility.
- ➔ Positive discipline for teenagers.
- ➔ Managing conflict.
- ➔ Solving problems together.

Materials include:

- ➔ Two hours of DVD footage containing over 60 real and role-played scenes of family interactions, backed up by comments from professionals, parents and teenagers.
- ➔ A comprehensive Facilitator Manual that contains the full DVD text, extensive background information, a full guide on how to prepare and run each session, as well as specific information on tackling the most common teenage issues.
- ➔ Two Parent Booklets that contain all the handouts and worksheets for participants.
- ➔ A copy of the accompanying parents' book, '*Parenting Teenagers*', which contains further information on tackling modern teenage problems.



Working Things Out

An evidence-based CBT programme for adolescents (aged 11 to 16) promoting positive mental health and teaching coping skills to overcome specific problems.

Authors: Eileen Brosnan, John Sharry, Diane Beattie and Carol Fitzpatrick.

The Working Things Out programme aims to help young people build communication and conflict resolution skills in order to overcome mental health problems and to improve their relationships within their families, in school and in the community. The programme sessions are designed around a DVD containing personal stories of adolescents who have coped with challenging mental health issues such as, Anxiety, Depression, ADHD, OCD, Self-harm and Suicide, as well as issues such as, Bullying, School Pressures, and Conflict with Parents. The stories offer advice on how to cope and what young people can do to help themselves.

Topics include:

- ➔ Getting Along with parents /carers
- ➔ Listening, talking and resolving conflicts.
- ➔ Stop and Think – The key to solving problems.
- ➔ Keeping Your Cool – Dealing with anger and conflict.
- ➔ Taking Charge – Developing helpful thinking strategies.
- ➔ What's Up? – Managing feeling down.
- ➔ Communicating Well – Building positive relationships.

Materials include:

- ➔ A DVD containing 14 stories of real young people's experiences of dealing with mental health difficulties.
- ➔ A comprehensive Facilitator Manual that contains the full text of the DVD stories, background information on the programme, handouts, a detailed guide on delivering each session, and specific information on facilitating adolescent groups.
- ➔ A copy of the accompanying parents' book, '*Parenting Teenagers*', which contains further information on tackling modern teenage problems.



Parenting when Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

Authors: John Sharry, Adele Keating and Michelle Choudhry.

Family separation can put extra stress on both parents and children and brings new challenges. Drawing on international long-term evidence, the Parents Plus Parenting When Separated Programme is a six week course that highlights practical steps parents can take to help their children cope and thrive as well as coping successfully themselves.

Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children.
- Coping with the emotional impact of separation and learning stress management techniques.
- Helping children cope with the impact of the separation both emotionally and practically.
- Enhancing communication with their children and with their children's other parent.

Materials include:

- A comprehensive Facilitator Manual with a full guide and detailed session plans.
- Two Parent Booklets that contain handouts, worksheets and exercises for each participant.
- A copy of the accompanying book 'Parenting When Separated' which contains further information on tackling common issues and problems for separated parents.


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Parents Plus is a Registered Charity (CHY 13664)

Training

Parents Plus train professionals to become facilitators who can then deliver the programmes in their own local areas and agencies. Our 'train the trainer' model ensures a long-term, sustainable benefit for facilitators' communities and organisations.

Parents Plus Facilitators come from a wide range of professional backgrounds spanning the education, health, mental health and community sectors. As our facilitator Trainings are short trainings (of typically 2-3 days), they are designed to build upon existing professional skills and experience. Facilitators must attend the Parents Plus Training prior to delivering each programme. Scheduled training in each of the five programmes typically takes place twice a year in Autumn and Spring. Parents Plus can also provide onsite training for groups of professionals in local agencies in Ireland, UK and internationally. Details and costs are available at www.parentsplus.ie.

Post Training Support

Trained facilitators have access to the facilitator area of our website which has extra resources and support information to help facilitators promote and run the Parents Plus Programmes. We also send monthly newsletters to our facilitators. Parents Plus also offers group and individual supervision and implementation support to agencies to ensure effective delivery of the programme.

Research

The Parents Plus Programmes are evidence-based interventions and currently over 20 studies conducted in clinical, community and disability settings attest to their effectiveness for families with children and adolescents of all ages, and for separated families. The programmes follow international best-practice guidelines as described by the National Institute for Clinical Excellence in the UK, and are specifically listed as evidence-based programmes by the Department of Education (UK). The Parents Plus Programmes have been independently evaluated by the National Parenting Academy in the UK and were awarded top ratings. Prof. Alan Carr, University College Dublin, published a meta-analysis of the Parents Plus evidence base in 2016. This analysis highlighted the significant benefits for families who attend Parents Plus courses both post treatment and importantly, at follow up. Please visit our website for further information on our evidence base.

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