



ParentsPlus

Empowering Professionals to Support Families



Official Launch of new Programme Materials

9th March 2017

Parents Plus Programmes



Parents Plus Programmes

Empowering Communities, Professionals, Parents and Children



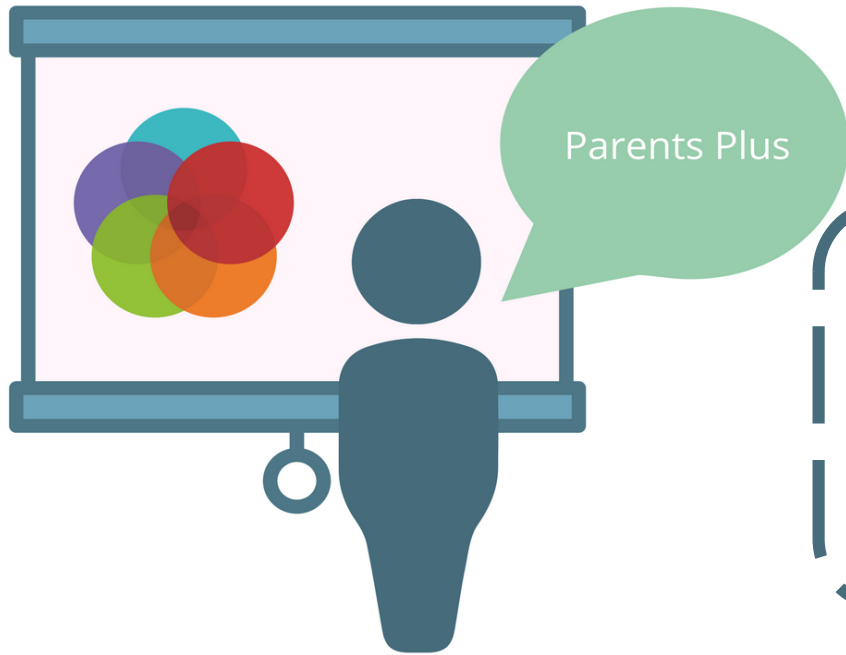
Supporting agencies to work together to improve outcomes for families.

Training professionals to deliver evidence-based programmes to families.

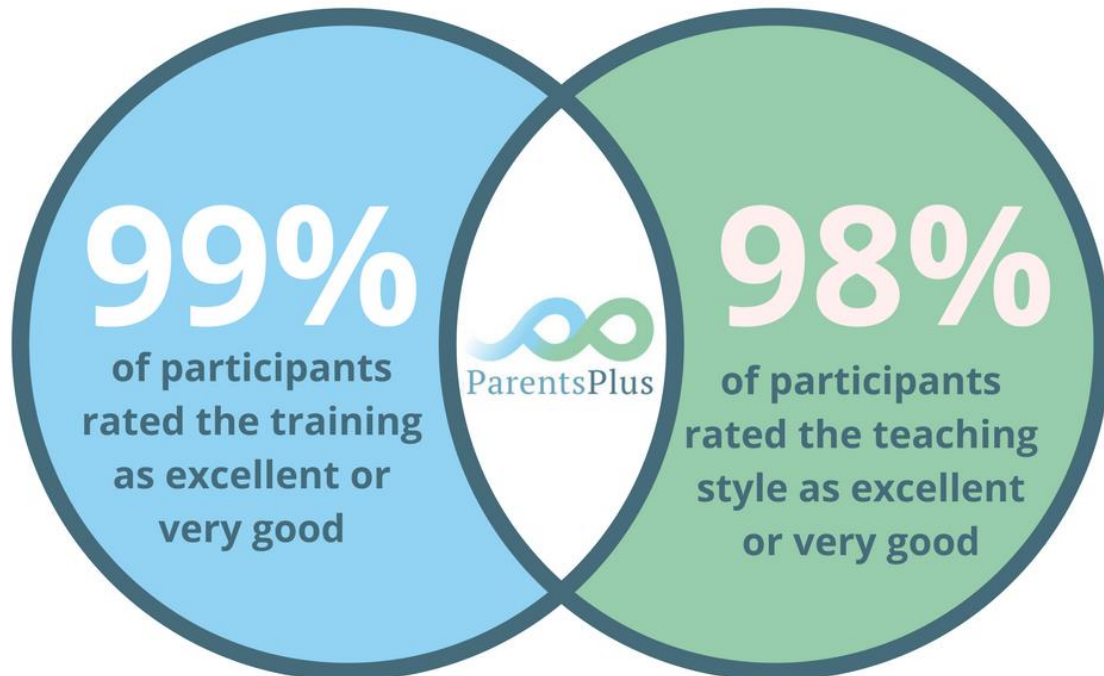
Empowering parents to communicate effectively and to build relationships with children.

Teaching children and young people problem solving and positive coping.

Our Training



'Train the trainer' model ensures a long-term, sustainable benefit for facilitators, communities and organisations.



Accreditation process and post training support ensures effective delivery and helps to develop professional practice.

Partners and Funders



**An Roinn Tithíochta, Pleanála,
Pobail agus Rialtais Áitiúil**
Department of Housing, Planning,
Community and Local Government

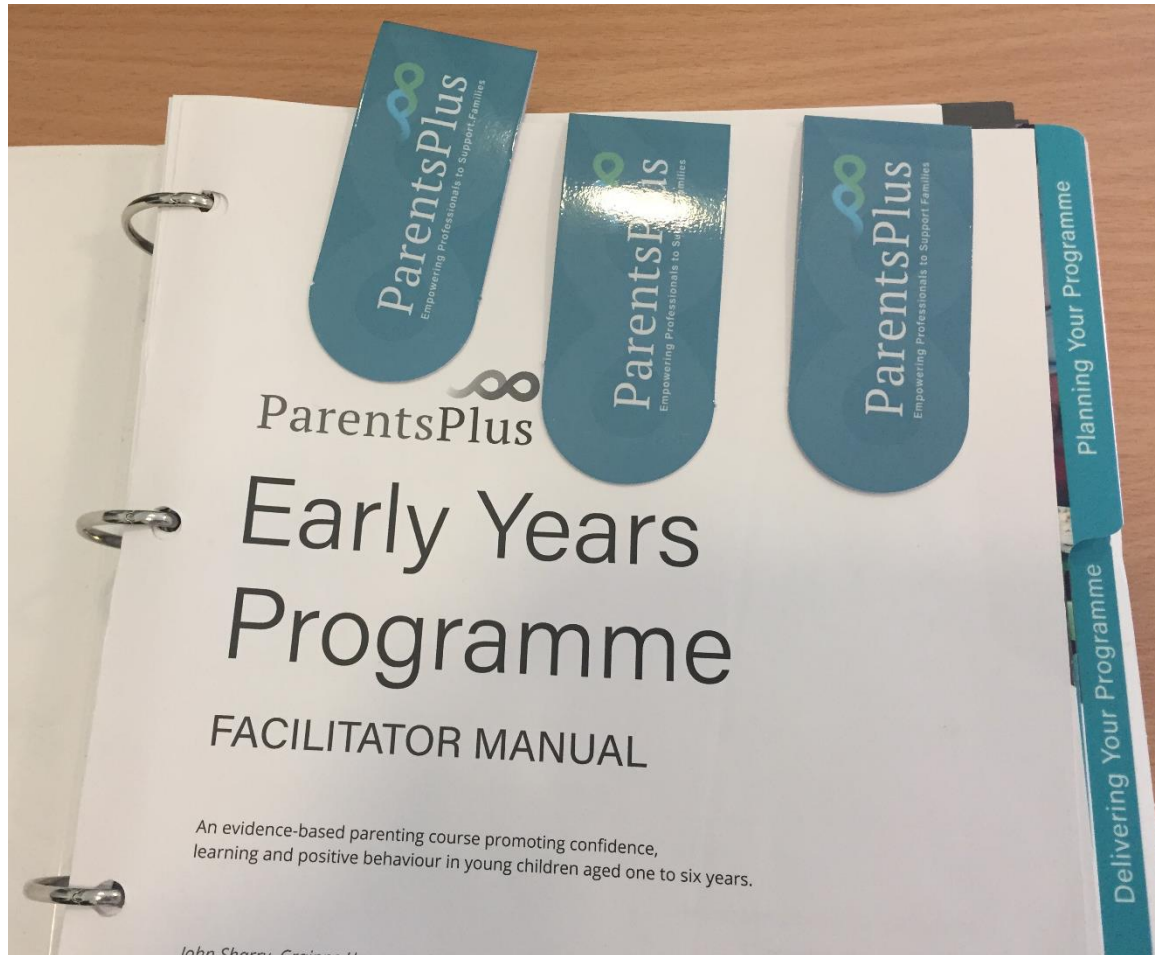




What is new in the updated programme materials?



Easier to Use Facilitator Manuals



Better layouts

Bookmarks

Teaching Posters

Parents Plus Adolescents Programme

Teen Brain Under Construction

THE PROCESSING PART - Corpus Callosum

- ▶ Effectively take on information
- ▶ Connects left & right part of brain
- "DEVELOPING WELL"

THE THINKING PART - Prefrontal Cortex

- ▶ Problem solving
- ▶ Planning
- ▶ Making strategies
- ▶ Understanding consequence
- "A WORK IN PROGRESS"

THE EMOTIONAL PART - Amygdala

- ▶ Gut reactions & instincts
- ▶ Fear
- ▶ Anger
- "TOTALLY DEVELOPED"

• Teenage brains are constantly being built. Construction is made on a foundation of positive communication and close connected relationships.

• Teenagers cannot be expected to think and behave like adults. Teens are more likely to react on instinct than process information.

• Teenager's communication and judgement skills are still developing and need the support and understanding of parents.

ParentsPlus
 successful interventions to support families
 www.parentsplus.ie

Parents Plus is an equality-diverse award-winning, evidence-based parenting and mental health programme. We train professionals working with children and families to deliver the programme in community, educational and clinical settings. Our programme supports families to communicate effectively, build healthy relationships and overcome emotional and behavioural problems.

Parents Plus Parenting When Separated Programme

Getting the Balance Right

Supporting Parents	Supporting Children
The Impact of Separation on Parents	The Impact of Separation on Children
Establishing a Cooperative Co-Parenting Relationship	Helping Your Child Cope
Communicating With My Child's Other Parent	Communicating With My Child
Being a Residential or Non-Residential Parent	Managing Successful Contact and Handovers
Personal Coping and Stress Management	Dealing with Challenges
Parent Self-Care in the Long-Term	Managing New Relationships

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New Fliers and Resources



PARENTS PLUS
Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 6 years.

Open to all parents and guardians in the Cork area, the course takes place on Tuesday evenings from 7pm to 9pm starting on 10th October in your local Health Centre.


The course will be facilitated by John Smith, Social Worker and Jenny Smith, Psychologist from Primary Care

The course is free of charge, and includes a special Parent Booklet

For more information or to reserve your place, please contact:
EMAIL/ PHONE NUMBER

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.
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Parenting When Separated Programme

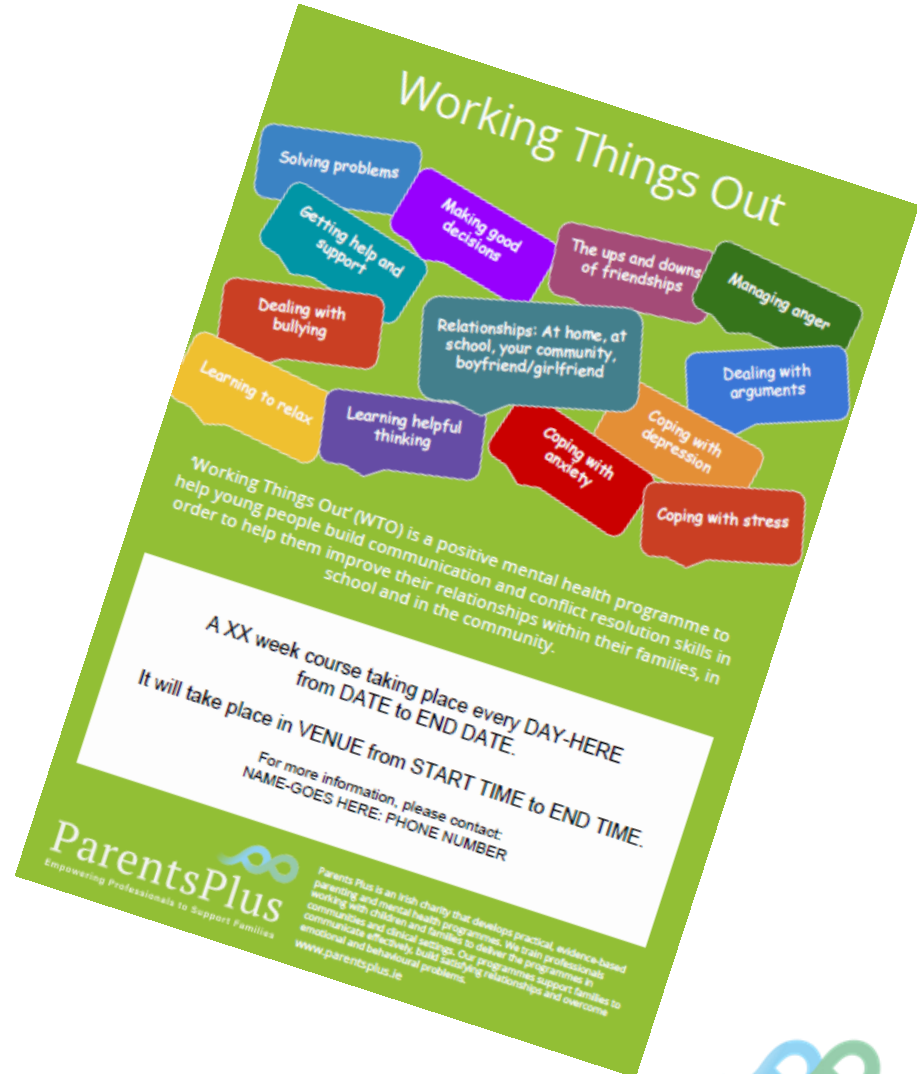
Certificate of Achievement

This is to certify that _____

has completed the Parents Plus Parenting When Separated Programme

Programme Tutor: _____ Date: _____

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Working Things Out

- Solving problems
- Getting help and support
- Making good decisions
- The ups and downs of friendships
- Managing anger
- Dealing with bullying
- Relationships: At home, at school, your community, boyfriend/girlfriend
- Dealing with arguments
- Learning to relax
- Learning helpful thinking
- Coping with depression
- Coping with anxiety
- Coping with stress

Working Things Out (WTO) is a positive mental health programme to help young people build communication and conflict resolution skills in order to help them improve their relationships within their families, in school and in the community.

A XX week course taking place every DAY-HERE from DATE to END DATE.

It will take place in VENUE from START TIME to END TIME.

For more information, please contact:
NAME-GOES HERE: PHONE NUMBER

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Improved Colour Worksheets

Worksheet 4A: Activity Ladder

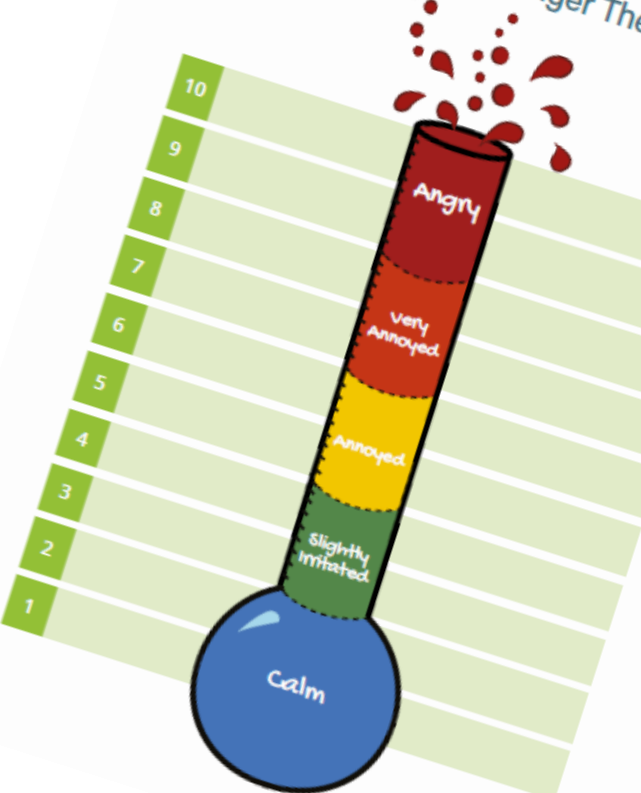
This is a ladder of YOUR activities. Doing fun activities can positively affect your mood. The activities on the lower steps are simpler, and they get gradually more complicated as they move higher. Complete each step to develop your own Personal Activity Ladder. This ladder can be used to help you in the future to take steps to improve your mood.

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Worksheet 6A: The Anger Thermometer

Group Session 6



10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Easier to read Handouts

Group Session 2

Play and Special Time

One of the most enjoyable and important aspects of parenting is playing and spending time with your children. However during problems or in stressed families this special time can be reduced or lost altogether. It is during these challenging times that having a routine of regular play and special time is most important.

Play is good for children

Physical development

Play helps children use their body in a co-ordinated way and adds to their fitness and health, whether it is through 'rough and tumble' or play which involves precise movements, such as completing a puzzle.

Educational development

Play provides an arena that allows children to learn about the world and practise new skills. Children can act out new roles and situations in play, and try out new ideas in their imaginations.

Emotional development

Play allows children to express their feelings and can build confidence and self-esteem. In imaginative games children learn to understand the feelings of others.

Social development

When young children play with adults or other children they begin to learn basic social skills such as turn taking, sharing and listening. As they grow, children use these social rules as the basis of more complicated games and activities.

Play is good for parents

Enjoy time together

Playtime can be a relaxing and enjoyable experience for parents as well as for children. Good playtime can be a reward in itself to parents and provides an often-missed opportunity to enjoy their child's company away from stress and conflict.

A chance to connect

Playtime brings parent and child closer. Children are more likely to open up to parents before and after playtime. Parents can really get to know their child better by spending special time with them.

Reduce behaviour problems

Children who have regular playtime with parents are likely to behave better.

Happy children

Regular playtime and fun leads to happy children and happy parents.



Group Session 2

Guide on Family Sessions

Solving Problems Together



RULES

- Speak politely
- Listen to everyone
- Take turns to talk

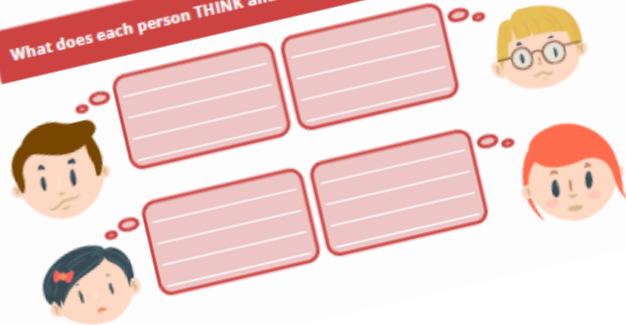
What problem do we want to solve?



Listen to Everyone

Give everyone a chance to speak

What does each person THINK and FEEL about the problem?



Our Goal

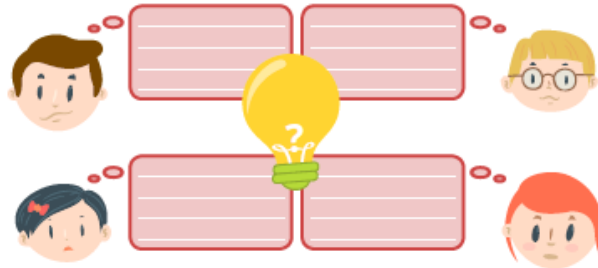
What do we want to be different?
What will things look like when the problem is gone?

When do things go well in our family?
When does some of our goal happen?



Our Solutions

What are possible solutions to the problem?
Think up as many solutions as possible.



Our Plan



What solutions might work best?

Our Plan of Action...what will each person do?

Name	What you will do

When will we meet again to see how it all goes?
Date: _____
Time: _____

Parents Plus Early Years Programme Updates



- Clearer information on play and child-centred communication
- New input supporting the emotional development of children
- New topic of ‘Time in’ as an alternative to ‘Time Out’

Parents Plus Children's Programme Updates



- Extra input information on supporting the emotional development of children
- Rules section edited to include relevant topics such as, screen-time and technology
- Discipline Plans expanded to include a new strategy of 'Time In'

Parents Plus Adolescents Years Programme Updates



- New information throughout on relevant topics such as, screen-time and technology
- More positive strategies such as, using rewards and routines to influence adolescents
- New input on emotional/ brain development of adolescents

Working Things Out Programme Updates



- Expanded material on running adolescent groups
- Additional and revamped exercises within the group work programme
- Updated resources section

Parents Plus Parenting When Separated Programme Updates



- New organisation of topics: Supporting Parents and Supporting Children
- Revised and extended worksheets and group exercises
- Address the Specific Challenges of delivering the PWS programme



Acknowledgements!


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