Children’s Programme

Facilitator Training

This Facilitator Training for professionals will take place over five morning sessions on zoom (9.15am-1pm) and will equip participants to use this programme with parents both in groups and individually in online and face to face settings. In addition, it gives a structure and solution focused method for providing Individual Family Sessions to enhance family problem solving.

The training is interactive with lots of opportunities for participation and group learning. There are regular screen breaks and one longer tea break for 15 mins at 11/11.15am. See the breakdown of the structure and content of the training modules below, though the exact format of training will be tailored to the needs of the participants. To enhance learning participants may be invited to complete a short assignment between sessions.

**Children’s Programme - Session by Session Content summary**

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| **Positive Parenting** |  | **Positive Discipline** |
| ‘Tuning In’ to your Children | Group 1 | Pressing the Pause Button |
| Paly and Special Time | Group 2 | Positive Rules |
| The Best Way to Play with Children | Group 3 | Establishing Routines and Rewards |
| Encouraging Your Children | Group 4 | Using Consequences to Deal with Misbehaviour |
| Supporting Learning and Self-Esteem | Group 5 | Discipline Plans |
| Problem Solving | Group 6 | Assertive Parenting |
| Problem Solving With Children | Group 7 | Step by Step Discipline |
| Active listening | Group 8 | Remaining Calm |
| Family Problem Solving | Group 9 | Parent Self-care |

**Facilitator Training for Professionals - content breakdown**

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| **Module 1** |
| Introductions and Programme Overview  Setting your Training Goals  Background to programme, Research and Evidence base  Introduction Video to Programme  Navigating the Programme Materials  Brief intro to the Strengths Based Model & Solution-focused Group Work ideas  **Familiarising with the Positive Parenting (PP) programme topics**  *Practice exercises* (Small Group Work/Breakouts) |
| **Module 2** |
| **Familiarising with the Positive Discipline (PD) programme topics**  *Practice exercise* (Small Group Work/Breakouts)  Preparation for Session Planning and Group Work facilitation/Delivery skills practice |
| **Module 3** |
| Planning a group session (Small Group Work/Breakouts)  *Practice exercise*- Delivering a group session (Small Group Work/Breakouts)  Dealing with challenges - group dynamics, complex and varying needs, time management and other topics arising |
| **Module 4** |
| Ensuring/monitoring the Running a Good Quality Programme  The PP Quality Protocol - gaining parent feedback and reviewing progress  Post training Supervision & the Parents Plus Accreditation Process  Problem Solving with Children  Demo Family Problem Solving structure  *Practice exercise* - Family Problem Solving Session (Small Group Work/Breakouts)  More on managing challenges - programme delivery in your service context |
| **Module 5** |
| Working with Parents - Demo of Solution Focused Parent Consultation model  *Practice exercise* - Pre programme meeting and Solution Focused Goal Setting (Small Group Work/Breakouts)  More on the Strengths Based Model & Core solution-focused facilitator skills  *Practice exercise* – Conducting the ‘Review of the Week’ section of the programme  Engaging parents, getting buy-in and motivation  Getting groups started, group design, next steps |

A copy of the Parents Plus Children’s Programme Facilitators Manual and Parent Book is required for the duration of the training. Full attendance at all modules is required for certification and we ask each participant to complete a feedback form at the end of each module. This feedback will help us fine-tune the training modules to ensure you get the most out of the Parents Plus training.

**Learning Outcomes**

By the end of this Training attendees will be able to:

1. Understand the core components of the Children’s Programme including ‘Positive Parenting’ and ‘Positive Discipline’ topics and related exercises and gain practice skills in using the programme with parents, both in groups and individually and with families.
2. Demonstrate key skills in the strengths-based parent engagement model, facilitating solution-focused group work with parents, including engagement, retention and responding constructively to challenges.
3. Recognise and begin to address the factors that may support or hinder the implementation of the PPAP parent course in their local context.