

Sharing our Successes

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Name of Project	Castlechurch 'Parents Matter' (Staffordshire's name for the 'Famillife' Coram Life Education 8 session Parenting Course) Spring Term 2010										
Description	<p>Parents Matter An 8 week course to support parents and carers and consists of:</p> <table border="1" data-bbox="491 577 1489 875"> <tr> <td>Sessions: 1-3</td> <td>Behaviour management</td> </tr> <tr> <td>Sessions: 4</td> <td>Family Health and well-being</td> </tr> <tr> <td>Sessions: 5</td> <td>Drug Awareness, talking to your child about drugs</td> </tr> <tr> <td>Sessions: 6,7</td> <td>Looking after yourself stress management, aromatherapy</td> </tr> <tr> <td>Session: 8</td> <td>Party, reflection and where next?</td> </tr> </table> <p>Follow up session to check progress</p> <p>Aims:</p> <ul style="list-style-type: none"> • To enable and empower parents and further develop positive parenting skills • To build confidence and give affirmation to parents • To encourage parents to nurture themselves as well as their families • To listen, determine areas for support, provide signposting and encourage sustainability <p>Parents receive a course handbook, learning diary and weekly typed up notes of their input. They receive a weekly treat to affirm the idea of self nurture and the importance of valuing self; in terms of their own well-being, that of their family and modelling good practice for their children. Baseline evaluations are completed at the first session and end of course evaluations at the last session. Informal feedback is recorded on post-it notes and typed up. A needs analysis is done, and recorded, at the first session and also parents' aspirations for their children are discussed and recorded. This is done in order to ensure provision is tailored to needs; the facilitator can then determine what specific support might be required. Where possible the PSW provides valuable support for the course and for parents and families individually where appropriate.</p> <p>The Castlechurch course was funded by Ross Podyma C & LP Coordinator and he provided the venue at Castlechurch Children's Centre, Stafford and also funded a crèche which enabled parents to attend. TIS funding made a contribution to costs. 7 parents regularly attended and completed the course</p>	Sessions: 1-3	Behaviour management	Sessions: 4	Family Health and well-being	Sessions: 5	Drug Awareness, talking to your child about drugs	Sessions: 6,7	Looking after yourself stress management, aromatherapy	Session: 8	Party, reflection and where next?
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	<p>and gave positive feedback about the impact of the course on their lives and those of their families; 3 parents wrote letters of thanks detailing impact.</p> <p>1 parent now sits on the Children Centre's sub-group and as the group were enthusiastic to continue, have been allocated a Friday morning to meet up.</p> <p>These women have been willing to make positive changes and are full of enthusiasm; they delightfully inspire!</p> <p>They are willing to share their experience with others should any opportunity arise.</p>
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