

A program to strengthen parent's confidence in their capacity to foster their child or young person's emotional development

Description:

A 6-session coaching program (individualised or in a group) for parents who are committed to facilitating their children's emotional well-being. Parent manuals provide additional information and worksheets to support parent efforts. Parents are helped to consider their role in encouraging their child's healthy development.

It aims to:

- Optimise the way you support your child's wellbeing
- Shift focus to yourself rather than trying to change your child
- Promote more autonomy and responsibility in your child through how you manage yourself
- Help you strengthen your loving and firm leadership
- Establish a longer-term view of supporting your children's growth in responsible independence.

Confidence building: From child project to parent project

It's natural to want to try to take on responsibility for trying to change a child when they are struggling in aspects of life. Hence it may be a surprise to hear that this program is designed to focus on the parent rather than to try to change the child. A repeated idea in the Parent Confidence Project is that **when parents shift their energies away from trying to change their child and invest in what is in their control as parents, their child has increased breathing space to grow in character and resilience.** The changes a parent makes can have a ripple effect and benefit the whole family.

"It really, really changed the patterns of behaviour for everyone involved. It has made a massive difference to our family dynamics."

Program structure

STAGE 1: SESSIONS 1-3

Stepping back: Observation and awareness

Learning to observe the parent-child interactions when stress is high

Parents are assisted to:

- Promote responsible independence
- See the common worry cycle
- Understand the value of a calmer parent

STAGE 2: SESSIONS 4-6

Stepping up: Adjusting self

Learning to adjust parent interactions to promote the child's growth in responsibility and wellbeing

Parents are assisted to:

- Change what is in the parent's control – holding limits
- Connect without worry
- Harness parent leadership & big picture change

This program can be equally useful for one or both parents to attend. It can be very helpful for just one parent to work on changing the way they manage interactions. As one person changes, others in the family make adjustments that can lead to a healthier family. If done in a parent group, it can be valuable to gain insights from hearing the descriptions of other parent's interactions and change efforts with their children.

“The course offered us as parents alternatives. Through working it out ourselves we are able to see positive growth.”

How do I find a Parent Confidence Coach?

Where can I get more information?

For more information on the program including resources for parents and details of trained practitioners offering the Parent Confidence Project program in your state or territory, please visit our website: www.parenthopeproject.com.au

“Thank you. This has been transformative for me personally. I never thought a parenting course could actually change how I feel about myself.”