

Parenting Programmes



INCREDIBLY ELEV8ED CIC
POSITIVELY PURSUING POTENTIAL

Programme Proposal



Positively Pursuing Potential

Family Centred Approach

Your Organisation

In the UK approximately 82,00 children were Looked After
After Completing a Positive Parenting Course Parental Mental Wellbeing Improves

For Information purposes only

Our Programmes

Our programmes offer families a supportive and judgement free, safe environment to make positive parental changes and learn more about child development.

Focusing on creating positive parental AND child behaviours by educating parents and empowering

Our Impact

We specialise in enabling parents to become more confident in their parenting by arming them with the information to choose, create new chances for positive family changes.

- Improve family Relationships
- Meet Personal Parenting Goals
- Manage

For Example Use Only
Contact us for our Full Brochure



Why Choose Us



Stronger Families

Whether its giving a bit of extra 1-2-1 time to a parent, timely information sharing or attending a CP Meeting-it's our mission to create Stronger Families.



Safe & Engaging

Engaging environments created for parents to feel comfortable, welcome and safe to share their experiences

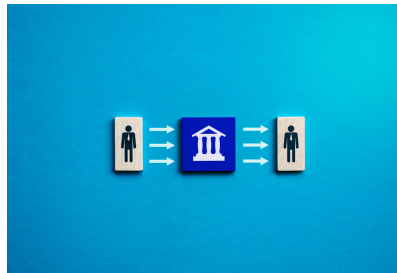


Positive Mental Health

Our accredited courses have been shown to improve parental mental wellbeing. Self Care & Positive Mental Wellbeing are promoted in all services offered.



Stress Management



Reduce Conflict

[contact us for full details](#)



Father Friendly Environemt



Risk Reduction



Specialists



Safeguarding

Parenting Courses & Seminars (available 1-2-1 or Group)

Example Only



Seminar / Webinar

90 Mins

Specific or Broad Range Topics to Choose from

- Evidence Backed Information
 - Tried, Tested Strategies
 - Engaging and Informative
 - Tools, Tips and Take-Aways for parents
 - Can be used as a Lead or Follow Up to Courses or Workshops
 - Light Touch Engagement
 - Tip Sheets or Additional Resources also available.
 - Record to share on Social Media
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In-Person

2 hrs (4-8 Weeks)

Accredited Courses

- Pre & Post Evaluation for Impact Evaluation
 - Parent Workbook & Resources Incl.
 - Host up to between 12-20 Parents
 - Additional Speakers etc Available
 - Courses Available to suit Every Parent
 - Host at Your Venue or Hired Venue
 - Bespoke Action Plan after each Session
 - Additional Resources & Recommendations*
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Remote

2 Hrs (5-8 Weeks)

Accredited Courses

- Pre & Post Evaluation for Impact Evaluation
 - Parent Workbook & Resources Incl.
 - Host up to between 12-20 Parents
 - Additional Speakers etc Available
 - Courses Available to suit Every Parent
 - Available Weekend & Evenings
 - Popular with parents with no childcare / working parents and harder-to-engage parents
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Flexible Options

Design Your Own Support

Parenting Courses and Support Options

Choose from:

- Speaking Events & Hosting Table Discussions
 - Co-Facilitation of Accredited Courses
 - Co-Design / Tailored Courses / Workshops
 - Train-The-Trainer Courses/ Workshops
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Typical Parenting Course Outline

Programmes & Support



Pre-Course

- Requirements Discussed | Proposal, Dates etc Agreed

Pre-Course Evaluation

- Parents / Carers / Complete Registration Process and Pre-Evaluation Information

Session 1

- Introduction to Positive Parenting

Session 2

- Factors influencing child Behaviours, Goal-Setting

Session 3

Session 4 – 8

**For Example Use Only
Contact us for our Full Brochure**

Telephone Support

Post Course

List of Evidence-Based Courses Available

Broad Topic Courses:

Triple P Baby | Triple P Standard | Triple P Teen

(broad level courses covering factors influencing behaviours, increasing positive behaviours & managing risks)

Strengthening Families, Strengthening Communities (Race Equality Foundation)

For Parents with Children aged 0-18, Broad Focused Intensive Course (3 hrs x 13 weeks)

Strengthening Families (Oxford Brooks University)

10-14 years (children AND parents attend- 3 hrs x 10 weeks)

Specialist Courses:

- **Fear Less** (Anxious Parents / Anxious Child)
- **Pathways** (For parents with Children at Risk of Developing Emotional / Behavioural Problems (2hrs x 6 weeks)*)

For Separated/ Co-Parents / Divorced Parents

- Triple P Transitions (2 hrs x 5 weeks)*
- Parenting Apart Parenting Programme (90 mins x 4 weeks)

Seminars (90 Minutes)

For parents with Children of All ages:

- Raising Emotionally Resilient Children
- Emotional Resilience for Parents

For parents with Children 2-10 yrs

- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

- **For parents with children aged 11-16**

- Raising Responsible Teenagers
- Raising Competent Teenagers
- Getting Teenagers Connected

Discussion Groups (90 Minutes)

For parents with Children 2-10 yrs

- Dealing with Disobedience
- Developing Good Bedtime Routines
- Hassle-free Shopping with Children
- Managing Fighting and Aggression

For parents with Children 11- 16

- Building Teenagers' Survival Skills
- Coping with Teenagers' Emotions
- Getting Teenagers to Cooperate
- Reducing Family Conflict

Workshops (90 Minutes)

- 5 to Thrive

(5 key areas for all children to flourish and have good level parental attachment)

For your information and consideration.

Please do not hesitate to contact me if you have any questions

Thank you.

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