

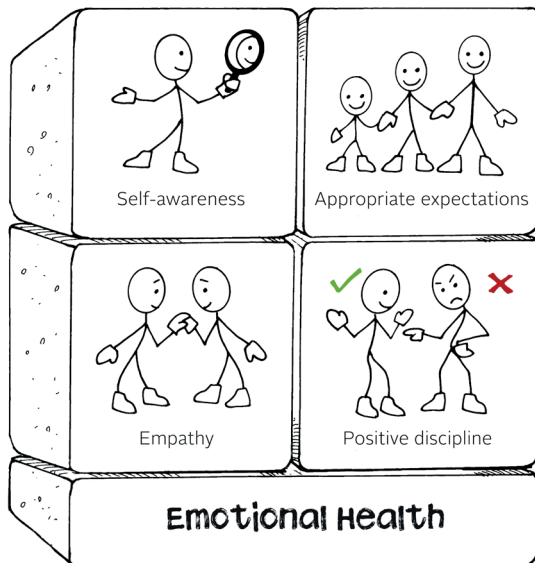
What is the Keeping the child in Mind Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life.

This programme helps us think about what we do, why we do it and how it makes us all feel in the family.

Building Blocks: The Four Constructs



The Four Sessions

Week 1: Self Awareness

The role of parents/carers for children and young people; Managing difficult feelings; Nurturing ourselves

Week 2: Appropriate Expectations

Appropriate expectations; Networks of support; Communicating clearly

Week 3: Boundaries and Positive Discipline

Parenting styles; Time to calm down; Problem solving and negotiating

Week 4: Empathy

Choosing how to respond; Empathy in practice; Empathy for adults and children

Practical information

There are four 2-hour sessions with a tea and coffee break

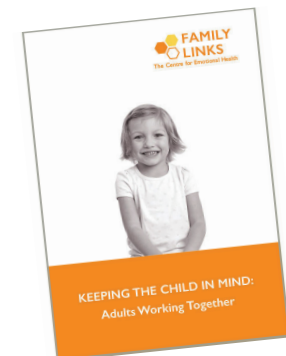
Up to 12 parents/carers are invited and there are two Family Links trained group leaders

Partners are welcome and it's also fine to come on your own or with another relative or friend

Some groups provide a creche; check with group leaders beforehand

you need to come to all four weeks; they fit together like a puzzle

you will be provided with a Keeping the child in Mind parent booklet to accompany the 4 week programme.



How Family Links groups have helped other parents/carers

"I feel closer to my children as I can understand them now"

"I just feel I'm a lot calmer and clearer, and have a lot more resources to be thoughtful"

"Even if you only learn one thing, it will improve your relationship/home environment, making a more positive life for your children"



check out familylinks.org.uk

Keeping the child in Mind: Adults Working Together

where:

when:

Tuesday 14th January 2024

From 9.15-11.15

contact details:

Rachel

07813458137



familylinks.org.uk



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Information for parents and carers

