



Family
Courses

Courses for parents,
carers and their children

Parenting (PAR)

Our parenting courses are not about being a perfect parent - more about discovering that other people's experiences are the same. Parenting courses are not intended to be interventions and the tutor will not tell parents 'how it's done', rather they are discussion-based with time to share experiences, ideas, concerns and possible solutions. There are opportunities for groups to continue their learning with our team, progression can include accredited courses, FEML or other stand alone courses to develop skills. Mothers, fathers and carers benefit greatly from attending these courses and they have proven very popular.

Courses include:

10-hour courses

Confident Parent, Confident Child

Recognise the difference between passive, aggressive and assertive behaviours and learn how to become more confident and assertive as well as build children's confidence.

Managing Children's Behaviour

Learn about different types of behaviour and how to encourage positive behaviour. Much of the course will focus on the link between the parent's and the child's behaviour and on strategies to influence behaviour positively.

Understanding Your Teenager

Discuss the changes experienced by adolescents and their families and how to best support teens grow into happy and confident adults. Course focus is positive communication, problem solving and negotiation.

Parents Towards Employment

Recognise barriers to employment, how to overcome them and have the confidence to make good decisions. Build confidence, recognising options available and signposting for further development.

Learning Through Play (this course is primarily aimed at people with children under 8)

Recognise the importance of play in children's development and share ideas on how to create play opportunities.

2-hour workshops

Bullying

Understand the difference between bullying and developing social skills and how to support the child.

Stepping Up: Starting School

Reflect on feelings about children starting primary school, what to expect and how to best prepare children.

Stepping Up into Secondary

Reflect on feelings about children starting secondary school, what to expect and how to prepare and support.

For more information and to arrange courses please contact us:

Email: businesssupport2@kent.gov.uk
Telephone: 0800 731 4297
Website: www.kentadulthoodeducation.co.uk/family-courses

