



Clarecare Family Support Service Parenting Programmes



Circle of Security (COS) Programme

Circle of Security Programme gives parents a map to understand their children's emotional needs.

The reflective nature of the programme supports parents to tune in and respond to the emotional needs of their children in ways that promote secure attachment and enhance relationship experiences.

The course consists of 8-10 group sessions, 2 hours per session



The Incredible Years School age programme

The aim of this Programme is to further build on a meaningful relationship with your child while also promoting your child's social, emotional and academic competence.

The Incredible Years School Age Programme provides parents with practical ideas, using real life video clip examples of children interacting with their parents and siblings. It involves group led discussions about every day challenges and concerns that parents may have in relation to promoting co-operative behaviours and reducing difficult behaviours. It offers techniques on how to handle them.

Areas of focus include:

- Developing your child's self-esteem and learning through play
- Praising and rewarding your child effectively
- Setting boundaries with your child
- Responding effectively to your child's behaviour
- Self-care

This programme is facilitated over 12 weeks for 2.5 hours per week



Adolescents Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

The Parents Plus Adolescents Programme considers how parents can connect with and build good relationships with their teenage children while also being firm and influential in their life.

Topics include:

- Getting to know and connecting with your teenager
- Communicating positively and effectively
- Building your teenager's self-esteem and confidence
- Negotiating rules and boundaries
- Teaching teenagers responsibility
- Positive discipline for teenagers
- Managing conflict
- Solving problems together

The course consists of 8 group sessions, 2 hours per session



Parenting when Separated Programme

This programme is for all parents who are preparing for or are going through or who have gone through separation/divorce

- It aims to help parents to solve co-parenting problems focused on the needs of children
- To cope with the emotional impact of separation
- Learn stress management technique
- Enhance communication with their children and with their child's other parent

The course consists of 6 group sessions, 2 hours per session