

What parents have said ...

"The programme really helped me to understand my child's behaviour and establish a routine"

"Since attending the course I've rebuilt my relationship with my teenage son, we talk now instead of shouting over each other"

"I recently moved to the borough and attending the course helped me to meet other parents and find out what is going on in my community"

Parents also said,

"I feel more confident..."

"I don't feel so alone..."

"I look forward to the course every week..."



To find out where the nearest programme is taking place or to refer a parent or carer that you are working with contact:

The Parent & Family Support Service
020 7364 6398

Email:

Parenting@towerhamlets.gov.uk



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Parent and Family Support Service

Strengthening Families
Strengthening Communities
Parenting Programme

A culturally sensitive parenting programme available free to all Tower Hamlets parents and carers of children 3-18 years



We know that a child's parent or carer is the main influence in a child's life. We also know that being a parent or carer is not easy!

The Strengthening Families Strengthening Communities (SFSC) parenting programme actively supports parents and carers to build upon their existing parenting skills and build positive relationships with their children

The SFSC parenting programme explores child development, the causes of conflict and difficult behaviour, ethnic and cultural roots, community involvement and family values

SFSC parenting programmes take place in schools, children centres and community venues across the borough

The programme is free and a crèche/childcare and refreshments are usually available

SFSC programmes run for three hours each week for 13 weeks

Strengthening Families Strengthening Communities (SFSC) parenting programmes are interactive and fun, parents are actively involved in sessions which include discussion, video, group tasks and guest speakers

Additional family support and opportunities to continue meeting as a group after the programme has ended may also be provided

SFSC parenting programmes are delivered in English, Bengali and Somali and specific programmes are available for fathers and parents and carers of teenagers

Groups usually end with a celebration and parents / carers receive a certificate

By attending the Strengthening Families Strengthening Communities parenting programme parents and carers will:

- meet other parents and carers and share experiences of bringing up children
- learn new skills for communicating effectively with their children
- discuss and practice positive discipline and setting boundaries
- explore positive ways to reduce conflict and challenge unacceptable behaviour
- learn new skills for handling stress and anger

