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## Supporting positive parenting

**A proven programme based on mutual respect designed for local community initiatives**

**By Wendy Goddard**

ISBN: 978-1-905541-29-4

**Tried and tested** with many different parents, including those in **life's most difficult circumstances**, this easy-to-follow course of manageable length lets facilitators take parents - of **children of any age** – plus carers, grandparents, fosters carers and parents-to-be through a variety of exercises to:

- develop strategies for re-directing behaviour, effective communication and gaining confidence to raise responsible and respectful children
- discuss mutual concerns, befriend others in similar situations, explore together how to utilise '**positive parenting**' methods, and share tips about what works
- recognise how positive discipline - based upon **respect, cooperation and consistency** - works.

Containing full and adaptable session plans, facilitator's notes, handouts and extension exercises, this evaluated training emphasises nurturing relationships between parents and children, and respectful relationships amongst facilitators and parents.

Counsellors, nurses, teachers, youth workers, social workers, family and children's centre staff need not attend expensive training, or develop materials from scratch to deliver the 6 –10 sessions, covering 12-20 hours with groups of up to 15, or individuals, which:

- are accessible for use by agencies with restricted time and budgets
- can be used in bite-sized chunks or be linked to **other training** delivered by the author and her colleagues. At [www.russellhouse.co.uk](http://www.russellhouse.co.uk) there is more about *Supporting Positive Parenting*, plus updates about further manuals.

Purchasers can obtain – free from the publisher - the course's **photocopiable material in electronic format**, and the author's follow-up email service.

**CONTENTS:** About this manual. Photocopying permission for use of the handouts. Electronic supply of the handouts. Dear Facilitator... a quick note on using this manual. **Guidelines for Facilitators.** Facilitating groups. Stages of group development. The facilitator. Some useful interventions. Coping with individual behaviour. 'C' groups. Giving effective feedback. Guidelines for sculpturing. Guidelines for role play. Relaxation. Supervision for reflective practice. Confidentiality. Evaluation. **The Sessions.** Scheme of work. Standards for work with parents. Session 1: Becoming a responsible parent. (*Each session contains : session plan; facilitator's notes; handouts for parents.*) Session 2: Stages of development and parenting styles. Session 3: Goals of behaviour. Session 4: Discipline v punishment. Session 5: Healthy communications. Session 6: Taking care of 'you'. References. Licence for using the electronically-supplied handouts.

**Wendy Goddard** was a psychiatric nurse, secondary school teacher, and founder and leader of The Listening Ear, a charity providing counselling and training to young people and their families, where she still supervises and trains.

**To find out more about this book, please visit [www.russellhouse.co.uk](http://www.russellhouse.co.uk)**

The book can be ordered directly from the website, or from Russell House Publishing (Tel: 01297 443948, fax: 01297 442722), at £44.95