



# PARENT WELLBEING WORKSHOPS





# ParentingNI

## Parent Wellbeing Workshops

**Parenting NI Parent Wellbeing service  
aims to help:**

Reduce parental stress

Improve parental confidence

Promote parental resilience

Improve families emotional health &  
wellbeing

Reduce the stigma for parents to access  
support



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# Parenting NI Parenting NI Research

Our recent Big Parenting Survey 2021 indicated 1 in 5 parents reported a low level of emotional and mental health at the moment and almost 1 in 3 parents reported that the COVID pandemic has had a lot of negative impact on their mental health.

Based on this research Parenting NI can deliver a range of 24 needs-led Parent Wellbeing workshops to parents to enable them to look after their emotional health and well-being.

Facilitated by a professional practitioner these one-hour workshops can be delivered in person or via zoom





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## Being an effective parent

This session gives parents the time to think about different parenting styles. It will enable parents to consciously think about how they parent with an overall aim of making life in their home easier with happy and healthy children.

### Aim

To encourage parents to be an authoritative parent

### Objectives

**Knowledge** – To explore different parenting styles

**Attitudes** – To understand the benefits of being an authoritative parent

**Skills** – To equip parents with the skills to being an authoritative parent



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## Raising my Child's self esteem

This workshop will help parents understand why children need to feel good about themselves, explore what influences a child's self-esteem and equip parents with the skills to raise their child's self-esteem.

### Aim

To enhance parents knowledge and skills to build their child's self esteem

### Objectives

**Knowledge** – To help parents understand that children need to feel good about themselves

**Attitudes** – To explore what influences their child's self esteem

**Skills** – To give parent's the tools to improve their child's self esteem





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## Parenting children's challenging behaviour

This workshop will help parents understand the feelings behind their children's behaviour, and will support parents to develop strategies to help reduce the challenging behaviour and promote more positive behaviour.

### Aim

To raise awareness of how to manage challenging behaviour effectively and promote positive behaviour

### Objectives

**Knowledge** – To understand the feelings behind children's behaviours

**Attitudes** – To explore strategies to promote positive behaviour

**Skills** – To develop strategies on how to manage challenging behaviour and promote positive behaviour



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# ParentingNI Children's Emotional Health

Children who have positive emotional health and wellbeing tend to have better outcomes in life. This workshop encourages parents of children to recognise the importance of their children's mental health, exploring how parents can provide opportunities for children's emotional development.

## Aim

To explore the importance of promoting children's positive emotional health and wellbeing

## Objectives

**Knowledge** – To raise awareness on the effects on children with positive emotional health and wellbeing

**Attitudes** – To promote activities parents can use to enhance their children's social and emotional learning

**Skills** – To equip parents with the skills to improve their children's emotional health and wellbeing



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## Parent's Emotional Health

Being a parent can be one of the most exciting yet challenging experiences. The session encourages parents to recognise the importance of their mental health in their busy lives. Parents will identify & manage different feelings that may impact on parenting while exploring positive coping strategies.

### Aim

To explore parental mental health

### Objectives

**Knowledge** – To explore the mental health of parents

**Attitudes** – To emphasise mental health affects everyone

**Skills** – To share top tips on how to cope being or supporting a parent with mental health issues



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## Parenting a teenager

### Aim

This session explores the challenges of parenting a teenager while maintaining consistency when rules are broken. It will help equip parents to support the implementation of fair boundaries and consequences, while promoting their teenager's independence.

### Objectives

**Knowledge** - To understand the importance of promoting teenage independence while maintaining rules and consequences

**Attitude** - To explore the challenges of parenting a teenager while maintaining consistency when rules are broken

**Skills** - To equip parent with skills to support the implementation of fair boundaries & consequences



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## Keeping your child safe online

This workshop explores children and young people's use of technology, the session looks at the risks and dangers of the online world and encourages parents to have effective conversations around boundaries and keeping safe online.

### Aim

To raise awareness of our children's use of technology.

### Objectives -

**Knowledge** – Explore what children and young people are doing online.

**Attitudes** – Explore the risks and dangers they face.

**Skills** – Explore how parent's can respond.



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## Promoting Resilience

**This workshop will explore building positive relationships, developing self-control and self-regulation, being a positive role model, and developing thinking skills.**

### **Aim**

**To enhance parents knowledge and skills to build resilience in their children**

### **Objectives**

**Knowledge – To understand the importance of developing children's resilience**

**Attitudes – To explore the importance of building caring relationships and being a positive role model**

**Skills – To equip parents with the skills to support their children to develop self control, build self-regulation and develop thinking skills**



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## Helping Children Manage Change

An online session which will help parents identify areas of change, explore the impact these changes can have on the child & the parent and assist parents to develop strategies to help reduce the impact of change for both them and their child.

### Aim

Support Parents to help their children manage change by reducing fear and anxiety that may be impacting children's behaviour.

### Objectives

Knowledge – Identify and acknowledge area's of change to family life

Attitudes – Develop positive routines and structure into family life

Skills – Develop strategies to overcome the challenges of family life



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## Teen's Emotional Health

This workshop encourages parents of teenagers to recognise the importance of their teenager's mental health, exploring how parents can enhance their teenagers emotional wellbeing & provides strategies to support positive emotional development.

### Aim

To explore the importance of promoting teenage positive mental health and well-being.

### Objectives

**Knowledge** – To understand the importance of teenage health and well-being

**Attitudes** – To promote activities parents can use to enhance their teenagers emotional health and well-being

**Skills** – To equip parents with the skills to improve their teenager emotional health and wellbeing





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## Improving my relationship with my teenager

### Aim

This workshop helps to promote a more positive parent teen relationship through equipping parents with the skills to improve their relationship and improve communication

### Objectives

**Knowledge** - To understand the importance of building a relationship between the developing teenager and the parent

**Attitudes** - To promote activities parents can do to build a positive relationship with their teenager

**Skills** - To equip parents with the skills to improve their relationship with their teenager



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## Promoting Teen's Independence

### Aim

To enhance parents knowledge and understanding to promote their teenagers independence

### Objectives

**Knowledge** – To understand the importance of promoting teenage independence whilst maintaining rules and consequences

**Attitudes** – To explore how to promote teenage independence to promote teenager resilience and self-esteem

**Skills** – To equip parents with the skills to support the promotion of teenage independence within boundaries



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## Promoting Teen Resilience

### Aim

Building our teenagers resilience will help to prepare them for the challenges they may face through their lives. This session will help parents understand the importance of developing their teenager's resilience and help parents to support their teenager to develop self-control, build self-regulation & develop thinking skills

### Objectives

**Knowledge** - To understand the importance of developing teenager's resilience

**Attitude** - To explore the importance of building caring relationships and being a positive role model

**Skills** - To equip parents to support their teenager to develop self-control, build self-regulation & develop thinking skills



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## Promoting Positive Body Image

### Aim

With altered images in the media & the pressure to look good, it can have an impact on our teenager's body image. Through the teenage years, it's important to help raise our teenager's self-esteem & for them to be more self-accepting.

### Objectives

**Knowledge** - To understand the importance of teenagers developing a positive body image and the impact of negative body image

**Attitude** - To explore the importance of raising your teenagers self-esteem and self-acceptance to help develop a positive body image

**Skills** - To equip parents to support their teenager to develop positive self-image and self-acceptance



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## Helping with Homework

This session will explore supporting and encouraging children with homework, aiming to help make homework time less stressful for all.

### Aim

To help parents manage homework effectively

### Objectives

**Knowledge** – To gain awareness of how their child experiences homework

**Attitudes** – To examine what research states

**Skills** – To explore ways of managing homework effectively



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## Being a Working Mum

It can be challenging for working mums to achieve a balance. This session explores some of the common issues that working mums face including support & advice on how to how to balance the current pressures of being a working mum.

### Aim

Support Mums to help overcome the challenges of being a working mum

### Objectives

**Knowledge** – Explore the common challenges, discuss the importance of relationships and help to identify a network of support.

**Attitudes** – Help to recognise emotions, reflect on unhelpful thoughts and change them into more positive outlooks.

**Skills** – Develop strategies to reduce stress and relieve mum guilt.



## Talking Tactics for Dad's

It can be challenging for dads to access support & lead a healthy lifestyle. This session explores the importance of looking after yourself as a busy working dad & how fathers have an important role to play in their children's lives.

### Aim

To encourage Dad's to recognise the impact their own health and well-being has on their children's health and well-being.

### Objectives

**Knowledge** – To explore what being a healthy Dad means

**Attitudes** – To acknowledge the impact a Dad's health has on his children's health.

**Skills** – Develop strategies in which to achieve this

