

Parental Skills

This course provides skills, strategies and training on managing the day-to-day challenges of being a parent. During the course you will be given 'assignments' so you can take the skills home and 'practice' between sessions knowing that each week you can come back to get further coaching on how you can use these skills to have a positive impact on your family's life. Skills such as reflective listening or positive discipline are taught and learned. These can change your view of parenting and help you understand why children behave as they do at each stage.

Parental skills consist of the following modules:

- Descriptive Praise
- Negative Behaviours
- Fostering independence and encouraging good behaviour
- Fostering good relationships between siblings and other children
- Stress and Anger Management: Techniques
- Managing anger, modelling alternatives
- The dance of communication: Nonverbal
- Communication: Listening skills
- Verbal communication
- Child development: The basics
- Discipline: Laying the foundation
- Discipline: Parent's toolbox
- Discipline: Challenging behaviours
- Closure: Saying good-bye

Programme Aims and Learning Outcomes

Aims

- To improve your emotional bond with your children, encourage communication and good behaviour by understanding them manage their emotions more effectively;
- To respond constructively to negative behaviours in ways that teach children to take responsibility and learn from their mistakes without damaging self-esteem;
- To explore how to be in charge without being over controlling and how to discipline effectively in positive ways which encourage children to learn, and not fear;
- To develop the child's motivation, co-operation, confidence and consideration;
- To learn how to foster positive relationships between children, siblings and friends, and ways of resolving conflicts constructively.

Learning Outcomes

On completion of this course students should be able to:

- Make their home life more harmonious and reduce stressful moments.
- Make and consistently follow through on rules in ways that pass on the values they want to their children and encourage cooperation while preserving individuality.

- Apply skills to train children in attributes the parent thinks they should have as adults.
- To assess stages of development and temperament.
- Build a trusting environment and mutual support among parents.

Teaching and learning strategies

The course is delivered through a multidisciplinary programme consisting of:

- i. Formal lectures/workshop, seminar, small group sessions and assignments.
- ii. Evaluation of candidates' knowledge of parental skills.