

Programme details

Location: Rainbow Room Bellfield Primary School,
Saxby Road HU8 9DD

Date & Time: Weekly starting 9th November 2022
9.30am-12.30pm (for 13 weeks excluding school
holidays)

Facilities: Free refreshments & parents will receive a
free SFSC manual

Contact: Beverley, 07741671792. Please ring for
more information and to book your place



Are you a parent with children aged 3-18?

Do you want to **help shape services** for the future?

Come and be part of a study to **promote family wellbeing!**



We are asking parents to complete
four questionnaires over the course
of a year and you will get **£60 of**
vouchers if you complete them all.

You will take part in a **free** 13 week
programme for parents, which is
designed to help parents build positive
relationships with their children.

About the programme

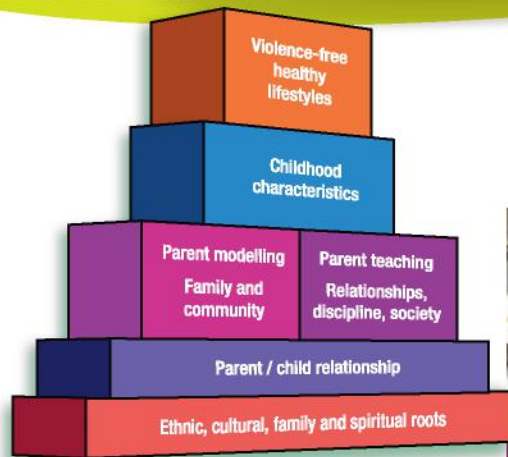
Strengthening Families Strengthening Communities (SFSC) is a free inclusive course to help parents and carers raise happy confident children, from ages 3-18 years.

This is a popular programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to build on their parenting skills and build positive relationships with their children.

SFSC runs for 3 hours a week for 13 weeks. Some groups provide free childcare and refreshments

All groups end with a celebration and you will receive a certificate and a parent manual.

**strengthening
families
strengthening
communities**



"Children don't come with a manual, this is the next best thing"

"Take part in the study and make a difference to future families."

The course aims to help you

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

Attention Chart

Who (Child's name) Patricia

What (Describe what you want to see or hear - occur once each day) Make your bed

When (Give a 15 minute reminder) Before school

Why (Give the reason you are charting this behavior) Help family and take on more responsibility

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	★	★	★	★	★		
Week 2	★	★	★	★	★		
Week 3	★	★	★	★	★		
Week 4	★	★	★	★	★		

"This research is long overdue! No matter how good a parent you think you are, you certainly can be a better one after the programme."

"I found it very supportive being part of a group and sharing ideas with other parents"