

NOW AVAILABLE... ON-LINE PARENTING PROGRAMMES

*Family Lives has been supporting parents/carers
and families across the country for 30 years.*

*We are pleased to offer this exciting new
on-line support service.*



If yes - please contact:

Kath or Louise on 01707 630100

ParentsSupportHerts@familylives.org.uk



**family
lives**

Parents Together On-Line

An easy to navigate, on-line parenting programme for parents/carers:

- ❖ of children age 3 – 11
- ❖ wanting increased parenting skills and confidence and improved relations with their children
- ❖ with broadband access and basic computer skills

Key features:

- ❖ 6 x 30-45 minute modules
- ❖ video mentor, quizzes, interactive graphics, audio role plays, interactive exercises, comments board, completion certificate for each module

Triple P On-Line

An easy to navigate, on-line parenting programme for parents/carers:

- ❖ of children age 3-8
- ❖ with concerns about their parenting skills
- ❖ with concerns about their child's social or emotional development or behaviour problems
- ❖ with broadband computer access and basic computer skills

Key features:

- ❖ 8 modules
- ❖ video mentor, video clips of families in action, interactive exercises, individual goal setting, feedback and weekly check in, downloadable worksheets, personalised and printable parent workbook, downloadable podcasts, review and reminder strategies

Outcomes for both Programmes

- ❖ Increased confidence/belief in abilities as a parent
- ❖ Increased listening and communication skills
- ❖ Improved skills at setting boundaries
- ❖ Decrease in challenging child behaviours
- ❖ Improved family relationships
- ❖ Increased control as a parent
- ❖ Less anger and more co-operation and enjoyment in the family