

Parentalk Courses

There's hardly a mum or dad on the face of the earth who, at times, is not overawed by the task of parenting.

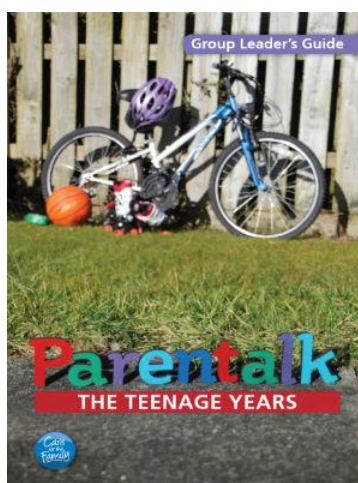
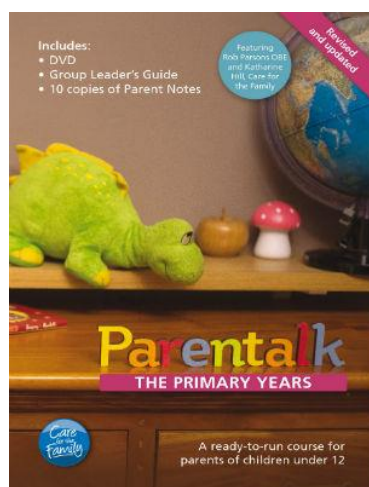
Care for the Family have produced two ready to run DVD courses for use with groups in community settings that gives parents the opportunity to share their own experiences, learn from each other and explore some essential parenting principles

Each course pack includes everything you need to run a course with a Group Leader's Guide and ten copies of the Parent Notes.

Rachel Long coordinator of Banbridge and Craigavon hub said, "NIACRO's CAPS (child and parent support) project have been using Parent Talk resources in the past 12 months. They are a great tool for our library of resources to support parents of young people displaying risk taking behaviour. The Staff at Parent Talk couldn't be any more helpful and we would recommend it."

Parentalk the Primary Years and Parentalk the Teenage Years can be downloaded free for those who register to run a course with printable parent books and leaders guides. Alternatively a full pack containing printed copies of 10 handbook, a leader's guide and DVD normally priced at £42 are available at discounted price of £30. Packs can be purchased online www.careforthefamily.org.uk/product-category/parenting-resources/dvds or by contacting the office 028 9262 8050.

As a Christmas special offer we are offering both courses for the discounted price of £50. Just call 028 9262 8050 and quote code PTHUBNI



Podcasts

Parentalk the Primary Years is a fun, free practical monthly podcast to help mums and dads do the best job they can raising their children. Produced by Care for the Family they cover topics such as, Sleep: what to do about nightmares, to, Screen time: hero or villain.

Raising Teens is a brand new podcast especially for parents raising teens and will cover topics on sex & relationships, the digital age, self-esteem and much more. The first episode: Privacy, Puberty & Porn is now available.

Podcasts available at www.careforthefamily.org.uk or subscribe iTunes.



Time out for Parents: Children with Special Needs Course

Care for the Family is offering a *Time out for Parents: Children with special needs* course commencing in January 2017. The seven sessions are written by parents and professionals with input from many different families with experience of children with special needs. Sessions titles are available at <https://www.careforthefamily.org.uk/courses/parenting-courses-time-out/time-out-for-parents-children-with-special-needs>. Our aim is to help support you in meeting your child's needs, focussing on children aged between 3 to 11 years with a disability or special needs, particularly those who have learning, developmental and behavioural issues.

If you know someone who would be interested in booking a place please email our coordinator at Sonya.Pascoe@cff.org.uk or call 028 9262 8050

