

PARENT GROUP LEADER TRAINING IN SURREY

We are delighted that you have expressed an interest in training as a Family Links Nurturing Programme Parent Group Leader (PGL). The 4 day training course is an exciting and informative start on the journey to running Family Links Parent Groups.

The training offers:

- ✓ A thorough introduction to the principles and practice of the Nurturing Programme for anyone working with parents and carers.
- ✓ The importance of facilitative approaches, both in group work and one-to-one support.
- ✓ A copy of the Parenting Puzzle book for parents and a Parent Group Leader Handbook

Benefits of the training:

- Group facilitation skills developed
- Personal and professional development
- Skills in one-to-one mentoring to develop trust and build relationships with parents
- Skills to improve parents' confidence and to encourage positive behaviour in children
- Successful trainees will be recognised Family Links Parent Group Leaders



Topics include:

- The Nurturing Programme's Four Constructs – building blocks for emotional health
- The question of discipline – positive approaches for positive behaviour
- Giving praise – a powerful tool
- Self-esteem and personal power – for adults as well as children
- Choices and consequences
- Time for ourselves – the importance of self-nurturing
- Feelings...and what we do with them
- Thinking about anger
- How we communicate
- Time Out...to calm down
- Communicating clearly: using 'I' statements
- Behaviour to ignore
- Problem-solving and negotiating
- Kinds of touch
- Issues around sex
- The art of listening
- Learning styles
- Facilitation skills – putting ideas into practice

The Surrey Family Links project is managed by the charity Surrey Nurturing Links.

The information below outlines briefly what is involved in becoming a Nurturing Programme Parent Group Leader.

Pre-Training Expectations

- We ask all prospective PGLs to attend a Family Links Parent Group as a participant before the Parent Group Leader Training as this helps to prepare people for running their own groups. This is especially important for anyone with little or no facilitation experience or for those who have not previously worked with parents. Details on current parent groups can be viewed on our web site: www.surreynurturinglinks.org.uk. If there is a course that suits then contact the PGL directly to see if you can book a place for the current or following term – many PGLs run parent groups each term.
- All Family Links Parent Groups are run with two trained PGLs so it is useful to think about who you would be able to work with, if you are not sure who this might be or how to go about finding a co-facilitator then please contact the Surrey Nurturing Links office on 01483 225596.
- A booking form for the Parent Group Leader Training containing details of dates and costs is available from the office. If you would like to book a place, please complete (stating your preferred date of training) and return the booking form together with payment to Jenny Harris, at the office.

Parent Group Leader Training Expectations

Prospective Parent Group Leaders need to:

- Attend the full four-day training course and successfully complete the training. An assessment process takes place during the four-day course and those meeting the required standard will be put forward for recognition with the National Family Links Charity based in Oxford. You will then receive a recognition number which enables you to practice as a Family Links PGL.
- Accept all principles, approaches and practice of the Nurturing Programme. A trainee may withdraw from the training if this is not possible for them.
- *Please note: Surrey Family Links will train all prospective PGLs in good faith, and will use its best endeavours to support trainees to ensure that they all meet its recognition criteria by the end of the training period. However, it reserves the right to withhold training recognition from any trainee who does not demonstrate the necessary skills to deliver the Nurturing Programme effectively and appropriately. Surrey Family Links is not liable for any personal issues that may arise from the self-awareness component of the training.*

Post training Expectations

If you wish to run Family Links Parent Groups and maintain your recognition status following the training you will be expected to:

- Prepare a set of boards (to be used as visual aids for subsequent parent groups), as set out in the *Handbook for Parent Group Leaders* (samples on CD provided by Surrey Family Links)

The Surrey Family Links project is managed by the charity Surrey Nurturing Links.

- Provide a copy of *The Parenting Puzzle* for each parent. These can be ordered direct from Family Links in Oxford; they can also be purchased via the internet. A charge is usually made to parents to cover this cost
- Copy and use the parent group feedback forms and other forms as directed (master copies of these forms are provided by Surrey Family Links)
- Provide materials to run sessions: refreshments, flipchart paper and pens, group dividers, collaborative reward systems, pens and pencils, card and stars, candles, playing cards, Post-it notes, a set of Programme games, etc. as listed in session plans in the *Handbook for Parent Group Leaders*
- Deliver a minimum of one 10-week parent group each year
- Co-facilitate groups with another Parent Group Leader trained and recognised by Family Links (NB you are not authorised to train other Parent Group Leaders)
- Allow adequate time for preparation before and debriefing after each session
- Follow the Nurturing Programme accurately by leading sessions according to the notes in the Handbook for Parent Group Leaders, which must not be added to, amended or reduced except in consultation with Family Links
- Ensure that you have access to at least two supervision sessions during each 10-week Programme (details of these are available from Surrey Family Links)
- Attend one top-up training day each year – these are arranged locally by Surrey Family Links
- Complete the relevant paperwork after each course you run and return it to Surrey Family Links.

Surrey Family Links will advise and support you where we can. We also recognise that following your training you may be working one to one with parents rather than running parenting groups.

Here are some quotes from our Parent Group Leaders after completing their training:

Home-School Link Worker:

"I have found this course one of the best I have attended. It was extremely well organised and welcoming. I have learnt a great deal on so many levels. It has also given me the confidence to actually run a parenting group. Especially how to make parents feel welcome and comfortable and to share experience and knowledge."

Parent, training to run groups for other parents:

"I do feel my whole outlook on life and children has changed and I feel I have somehow found a professional attitude, ideology, belief which suits my personality and fits the values I have always upheld but often felt quite 'lonely' with."

We look forward to hearing from you and to welcoming you on a future training.

Stephanie Ward - Project Director

sward@surreynurturinglinks.org.uk

Julie Kenward - Projects Manager

jkenward@surreynurturinglinks.org.uk

Rachel Loxton – Projects Worker

rloxton@surreynurturinglinks.org.uk

Jenny Harris – Administrator

admin@surreynurturinglinks.org.uk

The Surrey Family Links project is managed by the charity Surrey Nurturing Links.

Surrey Nurturing Links is a company limited by guarantee. Registered Company No: 6428632. Registered Charity No: 1122031