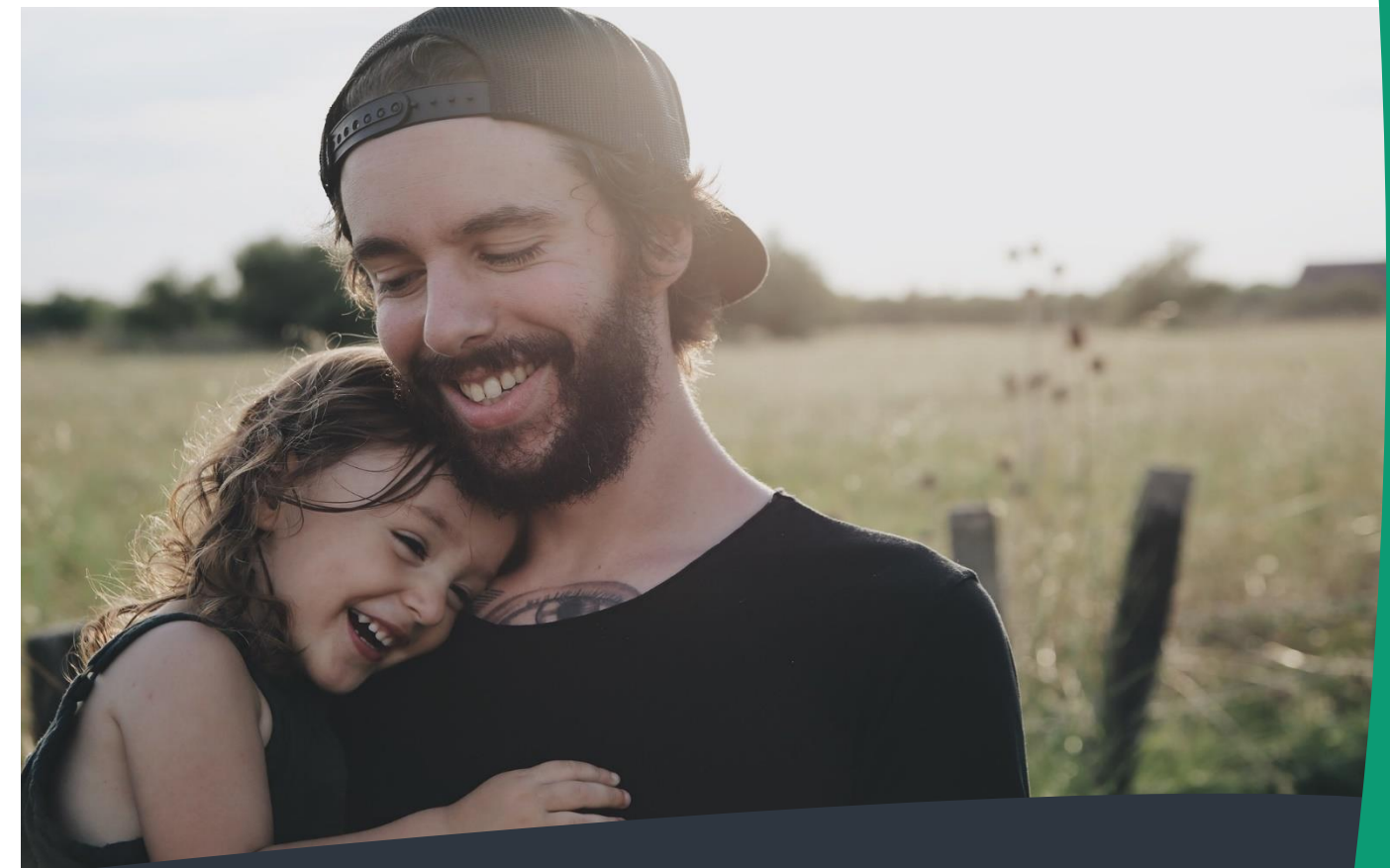


The Families Feeling Safe programme



For Dads



Supporting your child's emotional wellbeing, linking feelings, thoughts and behaviour and having strategies for feeling safe.



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Are you looking for some strategies and new ideas to help improve family life?

The Families Feeling Safe Programme for Dads

The Families Feeling Safe programme runs for 9 weeks with one follow on session. The weekly sessions are 2 hours and every Dad receives their own workbook with ideas to try at home.

It's a practical and down to earth programme for dads and male carers of children and teenagers aged between 0-19 years old.

The Families Feeling Safe programme can help to:

- Build self-esteem and confidence
- Recognise Early Warning Signs
- Understand the link between Feelings, Thoughts and Behaviour
- Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- Understand what may be influencing your child's behaviour
- Improve communication with your child and others
- Improve emotional well-being
- Develop strategies for feeling safe and problem-solving skills to use in a range of situations

"The course has been amazing and the facilitator so knowledgeable in everything linked to child development. I wish the course was longer!"

"Great to be with other Dads"

What it's about...

- ✓ Helping you find what will work for you and your child
- ✓ Getting involved, trying new ideas
- ✓ Building on your strengths as a dad
- ✓ Creating a safe space to talk with other dads
- ✓ Being valued and supported

and what it's not about...

- ✗ Being told what to do
- ✗ Sitting and just listening
- ✗ Finding fault or criticism
- ✗ Having to talk about personal stuff
- ✗ Being a perfect parent!

SESSIONS COVER:

FEELING SAFE

THE LINK BETWEEN FEELINGS, THOUGHTS & BEHAVIOUR

BUILDING A SUPPORT NETWORK

UNWRITTEN RULES

COMMUNICATION

PROBLEM-SOLVING

STAYING IN CONTROL AND MAKING SAFE CHOICES

"I wish I'd done this sooner!"



What other Dads have said about the programme...

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"The most helpful part of the programme is knowing that I'm not alone. I understand Feelings, Thoughts and Behaviours from a child's perspective"

"I've been given the tools to be a calmer and more loving father"

"I thoroughly enjoyed it and found it all useful and practical. I've told others how positive the course has been and how much more confident I feel in myself and my ability to parent. It's given me practical strategies to try out with my children and I've had such a positive outcome from discussing feelings with them"

