

The Families Feeling Safe programme for Mums, Dads & Carers



Families Feeling Safe

Protective Behaviours Training & Services

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



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

The Families Feeling Safe Programme for Mums, Dads and Carers

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

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

"I really got a lot out of this course. I thought the facilitators were fantastic, really non-judgemental and supportive. Thank you so much – I've learned lots"

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

"I feel this is a new start"



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 parent or carer
- ✓ Creating a safe space to talk with other parents and carers
- ✓ 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 Mums, Dads and Carers have said about the programme...

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

"Before I attended It was like walking on egg shells with my daughter's anger and frustration. Now, it's harmony and effective communication"

"The activities are a good way of understanding my son. I'm enjoying doing the activities with my children"

"The most helpful part was communication. Understanding feelings and how this drives behaviour. The group has provided some valuable ideas on dealing with some behaviours and also an insight to potential problems and how others have dealt with these. I think my children have found me to be more patient and attentive"

