

# TIME OUT FOR PARENTS

**FACILITATOR TRAINING**





### **About Care for the Family**

Established in 1988, Care for the Family is a charity based in the UK, but with an increasing reach internationally. We support parents, couples and those who are bereaved, through events, courses, podcasts, volunteer befrienders, books and other evidence-based, accessible resources.

A Christian initiative, offering support to people of all faiths and none.  
Care for the Family is a registered charity (England and Wales: 1066905; Scotland: SC038497).  
A company limited by guarantee no. 3482910. Registered in England and Wales.  
Registered office: Tovey House, Cleppa Park, Newport, NP10 8BA.

Being a parent is both rewarding and challenging, and all parents can benefit from others coming alongside them as they bring up their children.

Care for the Family's high-quality *Time Out for Parents* courses are practical and accessible and have been produced to equip and support parents through the various stages of parenthood.



## Evidence-based and popular

The courses are built on tried and tested parenting principles and informed by evidence-based research. Their common sense and user-friendly approach is very popular with parents. They build on parents' existing strengths and focus on the importance of a warm parent-child relationship as the foundation for all behaviour strategies. The strategies aim to help parents encourage good behaviour as well as manage challenging behaviour. We emphasise a partnership approach with facilitators guiding parents as they share the journey.

Each session in a course lasts two hours, including a break. The accompanying parent handbooks are easy to follow and a helpful tool when parents are applying what they've learnt with their children.

“ The courses are user-friendly and have clear and helpful content, with amazing feedback from parents and huge impact shown positively on the pre- and post-course data.

Eve Remington, Practice Lead – Parenting and Children Centre Officer

The courses have been developed for universal access and early intervention and are widely used across the UK by local authorities in schools, children's centres and family hubs, prisons and health settings and by faith and voluntary organisations in the community.

They are delivered to groups of parents using a range of interactive small group work, individual and home-based activities, while taking into account different learning styles.

More information on each course can be found on the *Time Out for Parents* courses webpage, including sample pages of each Facilitator manual and Parent handbook. [cff.org.uk/timeoutcourses](http://cff.org.uk/timeoutcourses)

## High quality and easy to use

In order to ensure a high quality of delivery and to maintain course fidelity, courses can only be run by licensed facilitators. Each course has a dedicated and easy-to-use Facilitator Manual. It includes notes for the facilitator on background theory and learning outcomes for each session and provides everything a facilitator needs to deliver the course successfully. The sessions are fully described with a guide script, instructions for activities and links to the PowerPoint slides, video content and Parent Handbook.

Our courses are regularly reviewed and revised in the light of research-based theory and new perspectives in the understanding of child development and family relationships. Parent evaluations and facilitator feedback help keep our courses responsive to the needs of parents.

Find out more about our *Time Out for Parents*:  
Theory of change and evidence base:  
[cff.org.uk/timeout-evidence](http://cff.org.uk/timeout-evidence)

‘ I thoroughly enjoyed the course from a future facilitator point of view, as a parent, grandparent and as a change of career as a social worker. I wish I had done this course 28 years ago. The facilitators were great.

Training delegate



## Facilitator training

We have delivered our practical and interactive facilitator training to more than 1,300 people, from schools, community groups, local authorities and other statutory agencies.

To gain a facilitator licence, delegates must attend both parts of our training or their equivalent. A facilitator is licensed for two years when they have successfully completed the training. The licence is renewed after a course is run and Care for the Family has received the relevant parent and facilitator evaluations.

## Training content

The training is online, beginning with online, self-paced individual learning on our Care for the Family Learning Hub, and followed by Zoom group sessions with our trainers.

“Excellent training by informative, confident trainers. Superb range of delivery styles keeping the group engaged.”

Training delegate

## Part One

This training develops the ability to run a group well, giving the knowledge, skills and confidence to work with groups of parents.

### What does it cover?

- Key underpinning theory and knowledge about group dynamics and the facilitator role
- An understanding of different learning styles and their place in delivering course material
- An opportunity to practise facilitating in a small group

## Part Two

This training focuses on working in partnership with parents and understanding the theories and principles used in the courses.

### What does it cover?

- Giving an opportunity to reflect on personal beliefs, values and attitudes
- Providing underpinning knowledge of key theories on the parent-child relationship
- Exploring practical and positive parenting strategies

## Online training

For more information on the online training and booking details including dates and prices, go to:

[cff.org.uk/facilitator-onlinetraining](http://cff.org.uk/facilitator-onlinetraining)

## Specialist courses

Further training is available to run our specialist courses, which support and encourage parents and carers of children with additional or special needs.

For more information and booking details including dates and prices, go to: [cff.org.uk/facilitator-can](https://cff.org.uk/facilitator-can)

## Ongoing facilitator support

We support facilitators through the provision of online course materials, webinars and our regular email newsletter, which gives updates on course delivery and developments in parenting support.

## In-house training

As an organisation, you can arrange for your team to attend our facilitator training as a group. For more details please complete our in-house training form: [cff.org.uk/inhousetraining](https://cff.org.uk/inhousetraining)



## Approved Prior Learning

If you or your team have completed appropriate prior training with a recognised provider, it may not be necessary to attend Part One and/or Part Two of the training in order to gain a core facilitator licence.

To apply for this, please complete the Approved Prior Learning form: [cff.org.uk/priorlearning](https://cff.org.uk/priorlearning)

## Our trainers

Our trainers are widely experienced with practical experience of working with groups, supporting parents and running parenting courses. They are qualified to the equivalent of the Level 3 Award in Education and Training and Working with Parents.

## Continuing Professional Development (CPD)

Care for the Family is an accredited CPD provider with CPDSO. CPD helps equip you to do your work and maintain it to recognised standards. Once you have completed the Part One and Part Two training, you will qualify for a nationally recognised CPD certificate for 15 hours/points.



“ Now I am feeling I have the knowledge and ideas to deliver courses to my centre. My parents will benefit from this.

Training delegate



## Core courses

## The Early Years

The early years are often filled with wonder, but can also be challenging when hopes and expectations are met with the realities of family life. The course helps parents and carers navigate the vital early years with confidence and build strong foundations for the future. Parents explore how they can develop healthy relationships through meeting their child's emotional needs and consider the effects of different parenting styles, different temperaments and the importance of play. The course explores a toolkit of strategies for handling behaviour.

### Six sessions

- What being a parent's really like
- Children's needs
- Play and listening
- Parenting styles and boundaries
- Managing behaviour and safety
- Building strong families



## The Primary Years

The primary years are an exciting time when a child's world expands and they are discovering more about who they are and what they can do. This course helps parents and carers to support their child's emotional wellbeing through understanding their temperament, meeting their needs and communicating well. There are discussions on how to help children make good choices and understand friendships both in the real and online worlds. Finally, parents look at how to deal well with conflict and the importance of enjoying family time together.

### Six sessions

- What being a parent's really like
- Children's needs
- Feelings and listening
- Boundaries and parenting styles
- Keeping children safe
- Building strong families



## The Teenage Years

The teenage years are often a challenging time for both parents and young people as they navigate the transition into adult life. The course looks at the importance of positive communication, emotional wellbeing and good mental health. It helps parents understand their changing role and how they can appropriately hand over responsibility to their teen. The final two sessions focus on helping parents know how to talk with their child about the big issues that teenagers face, including alcohol and illegal drugs, sex and relationships and the wider context of behaviour and boundaries online.

### Six sessions

- The challenge of the teenage years
- Building emotional resilience
- Communication
- Parenting styles and boundaries
- Big issues
- Big issues, strong families



## Dads

Whether they are parenting as part of a couple, on their own or with a separated partner, the course helps dads and father figures share their feelings and experiences and come up with solutions based on what works for them. Dads will consider the impact of their own fathers and explore how they can meet their child's needs and build self-esteem using positive communication. The workshops also look at managing behaviour and setting and maintaining boundaries. The final workshop focuses on the changing role of fathers as their child grows and how to build healthy relationship with the wider family.

### Five workshops

- What are dads for?
- Dad – the manager
- Dad – the coach
- Dad – the trainer
- Dad – the team player

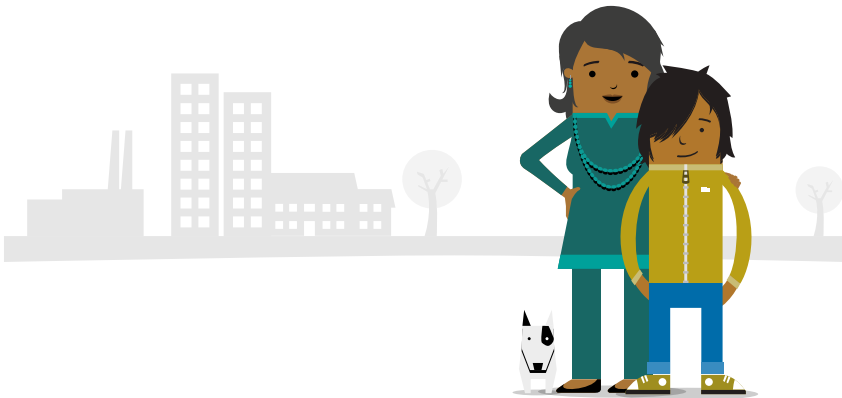


## Handling Anger in the Family

Anger and conflict happen in every family; the challenge is to handle anger in ways that ultimately build up relationships and develop good habits for the future. The sessions focus on recognising the signs and triggers of anger, and explore a variety of strategies for managing anger as a parent and helping children with their feelings of anger. Parents will learn about the link between self-esteem and anger, the need for active listening and the importance of naming rather than acting out feelings and using positive self-talk. They are introduced to the analogy of an 'anger river'. This helps parents to think about how they or their children can avoid the stresses and situations that cause them to fall into the river, but also how they can restore relationships once they have fallen into the 'anger river'.

### Four sessions

- Managing our anger – part 1
- Managing our anger – part 2
- Helping children manage anger – part 1
- Helping children manage anger – part 2





## Specialist courses

## Children with Additional Needs

Parents of children with additional or special needs can often feel isolated and frustrated, because for their children, 'standard' parenting advice doesn't always work. The course helps parents understand the emotional journey they are on and builds their confidence using proven strategies to help them parent effectively and engage positively with educational and other professionals. The sessions provide an opportunity for parents to support and encourage each other, helping them share feelings and experiences, and come up with solutions to problems on the basis of what works for them.

The sessions have been designed for parents and carers of children aged 3-11 with additional or special educational needs (SEN), particularly those who have learning, developmental and behavioural issues.

### Six sessions

- The additional needs experience
- Raising emotionally healthy children
- Understanding feelings
- Boundaries and battles
- A behaviour toolkit
- The wider circle of care



## Children with ADHD

For children with ADHD, some aspects of daily life can be frustrating for them and for their parents, as they often find the world overwhelming. These four sessions are designed to equip parents and carers with a greater knowledge of ADHD and help them better understand the reasons behind their child's behaviour. Using practical and proven strategies, parents look at key ways of boosting their relationship with their child, raising their self-esteem and managing behaviour effectively.

### Four sessions

- Understanding ADHD
- Attention deficit
- Hyperactivity
- Impulsivity



## Children on the autism spectrum

The four sessions help parents learn about autism, how it affects their child and how they can work with their child's unique personality and abilities. The course explores sensory processing difficulties and helps parents to support their child in the areas of communication, imagination and social interaction. Parents will be equipped with practical strategies to handle repetitive behaviour and respond effectively to 'meltdowns'. They will also explore possible interventions and therapies that could be helpful to their child.

### Four sessions

- Understanding autism
- Understanding the world of autism
- Understanding and managing behaviour
- Understanding and managing challenging behaviour



## **Contact us**

If you have any questions or would like to discuss the courses and training please get in touch with us:

Email: [learning@cff.org.uk](mailto:learning@cff.org.uk)

Phone: 029 2081 0800

“ The trainers brought a wealth of knowledge, woven with personal examples and illustrations that ‘earthed’ the content and made it relevant, interesting and valuable.

Training delegate

[cff.org.uk](https://cff.org.uk)



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