

# EMPOWERING PARENTS, EMPOWERING COMMUNITIES



# The 'Being a Parent' Course

# What is EPEC?

Empowering Parents,
Empowering Communities Being
A Parent Course is a free,
volunteer-led, evidence-based
parenting programme





Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours training to deliver EPEC courses

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents

# **Course Content**

#### **Welcome Week**

Getting to know each other

#### 1. Being a Parent

- Self Care
- Good enough vs Perfect Parent

#### 2. Feelings

 Expressing, acknowledging and accepting feelings

#### 3. Play

• Child-led play

#### 4. Valuing my child

- Avoiding labels
- Descriptive praise

#### 5. Understanding behaviour

Needs behind behaviour

#### 6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no

### 7. Listening

- Reflective listening
- Open vs closed questions

#### 8. Review and Support

Reviewing content



# Who is it suitable for?



Any parents or carers of children aged under 12 are welcome to join

Our course offers an early, lowlevel intervention, empowering parents to improve communication, behaviour management, family dynamics and parent-child relationships



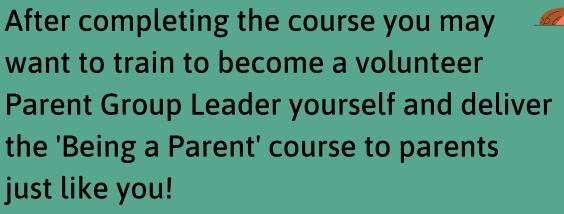
Parents are supported and encouraged to try new parenting techniques each week and share the outcomes with other parents

# How is it delivered?

The Being A Parent course is 2 hours a week for 9 weeks (except school holidays)

Courses can be delivered in person based in school or delivered online via Teams

# What Next?



Click here to watch our EPEC summary video

General EPEC enquiries: epec@nottscc.gov.uk

