

Supporting parents of older children and teenagers. A coordinated approach

- Intro – Chris Henderson
- Challenging Years presenters- Gael Belton & Sharon Dalglish
- Escape presenters – Belen Mureno & John Brown.

Midlothian



MIDLOTHIAN PARENTING AND FAMILY SUPPORT STRATEGY

Midlothian

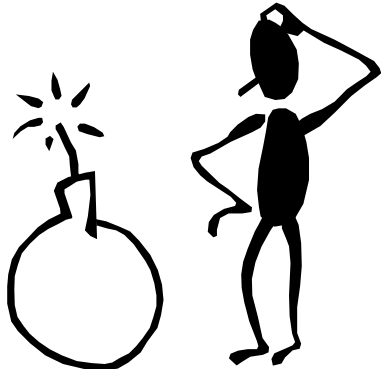


For Midlothian's Children



Midlothian's Integrated
Children's Services Plan
2011-2014





Challenging Years - Living with Teenagers

Sharon Dalgleish – CLD Worker

Gael Belton – CLD Worker

Midlothian Council

Who is it for??

- A universal programme
- All parents/carers of young teenagers
- Not specifically problem focussed





Features

- Fun & Challenging
- Boosts parents/carers understanding
- Helps parents/carers to convert knowledge into practical action
- Scripted but flexible!



Timings & Resources

- 4 sessions on a weekly basis
- Each session 2 hours
- Course manual
- Parent workbook
- Refreshments
- Crèche provision if required
- Run in accessible local facilities



So Far.....

- Ran pilot with a number of parents
- Some parents agreed to co-facilitation training



What were doing now.....

- Parents will co-lead
- Delivery of two courses to parents in October 2012 based around wider transition



Future Plans

- Offer to all parents/carers of P7 & 1st year children through out Midlothian
- CLD will up skill parents to deliver to parents!



ESCAPE

**Supporting the parents of teenagers
in Midlothian**

ESCAPE



- Session 1 – **Empathy**: what is it being a teenager? ‘Have I been one’ before and how did it feel?
- Session 2 – **Situations**: what is the ‘issue’? What situations are most difficult and would like to tackle first? What is really bothering me?
- Session 3 – **Care and Control**: What am I responsible for? How can I help my young person take responsibility?



- Session 4 – **Approach**: How am I going to deal with in collaboration with my young person? What is the strategy I am going to use for this problem? How am I going to communicate with my young person?
- Session 5 – **Positives**: How can I reward my young person's positive behaviour? How can I learn to say 'no' and still have a positive relationship with my young person?
- Session 6 – **Empowering**: I can take control as a parent and at the same time support my young person! How to keep motivated

Practicalities



- Work supported by **Senior Management**
- Work needs to be **flexible** enough to meet demands of area; working in **localities** allows for a flexible approach
- Time for **engagement** process is essential

Practicalities cnt'd



- **Timing:** morning, afternoon or evening work
- **role modelling:** celebrating success, coming back from setbacks and addressing issues with problem solving
- Using a **strengths** led approach

Practicalities cnt'd



- Groups are **mixed**
- **Supportive** approach
- **Data recording** and **consent**

Referral process



- Information gets shared with schools, health professionals and social work
- One named point of contact for referrals
- Data is stored on database
- Rolling programme of courses for planning
- Facilitators plan the group