



Parenting Courses with One Family



Positive Parenting: Supporting Children and Teens

This programme is for parents with children aged 2-16 years old.

The following key areas will be covered during the 6-week programme:

- The Good Enough Parent exploring our values and attitudes, reflecting on what parenting means to us.
- Parenting Styles and impact on the parent-child relationship
- Children's emotional responses to unmet needs – introducing boundaries and consequences while supporting children and teens to self-regulate
- Sibling rivalry comprising of negotiation and conflict resolution
- Supporting children with awkward questions and how as parents we often take a step back rather than a step forward in handling tricky issues and risky behaviours

When: 8th November via Zoom at 10.30am (1 hour)

Cost: €50

Register: <https://onefamily.ie/education-development/parents-programmes/parenting-courses-via-zoom/>



Family Communications: Parenting When Separated

- In this 6-week programme parents who are parenting post separation are supported to firstly understand the impact of separation on children encouraging a child centred approach.
- Parents explore the 4 steps of clear and direct communication as a tool to improve communication resulting in decreased conflict.
- Parents begin to understand the needs of children and parents at the time of separation.
- Parents are encouraged to have pride in the new family form, inviting children to ask questions and being available to answer the awkward questions about family forms.
- Parents explore what shared parenting is, why it is beneficial to children when done well and how parents can develop a shared parenting plan.

When: 8th November via Zoom at 7pm (1 hour)

Cost: €50

Register: <https://onefamily.ie/education-development/parents-programmes/parenting-courses-via-zoom/>



Family Communications | Parenting When Separated

- In this 6-week programme parents who are parenting post separation or are planning to separate are supported to firstly understand the impact of separation on children. The programme explores a child centred approach ensuring children are supported to manage the transition well.
The course will:
- Explore the 4 steps of clear and direct communication to help parents improve communication resulting in decreased conflict.
- Help parents to understand the needs of children and parents at the time of separation and how these needs can be met.
- Encouraged parents to have pride in the new family form, inviting children to ask questions and being available to answer the awkward questions about family forms as they arise.
- Explore what shared parenting is, why it is beneficial to children when done well and how parents can develop a shared parenting plan to support them to move into the business of shared parenting post separation.

When: 8th November, Ozanam House, Dublin 1 in person @ 10-12 noon

Cost: Free

Register: <https://onefamily.ie/courses-parents/parenting-in-person-courses/>
or Call Ozanam House on 01 8742804



Family Communications | Parenting Teens

- This 6-week programme introduces the concept of the strong family unit, supporting parents to build relationships by ensuring the core ingredients of good communication and assertive parenting are in place within the family. Parents will learn the 4-step process of clear and direct communication also known as NVC.
- With these elements in place parents begin to understand the 'life of a teenager'. You are supported to explore the many changes and challenges that occur for teens as they move through puberty and how you as a parent can support your teen at this vulnerable time. Parents will have an opportunity to reflect on the many behavioural challenges that teens can present with such as power struggles. As a parent the programme helps you to learn when to step in and when to step back.

When: 9th November, Ozanam House, Dublin 1 in person @ 6.30pm-8.30pm

Cost: Free

Register: <https://onefamily.ie/courses-parents/parenting-in-person-courses/>
or Call Ozanam House on 01 8742804