

# Psychologically Informed Parenting

## Is parenting feeling like a challenge?

Often, we can find it hard to connect with our children. This can be due their age, development and other factors.

Would you like to feel more confident managing the challenges of being a parent? Would you like to have some strategies to help you and your child?

### Come along to one of our groups to:

- Connect with other parents
- Learn what is meant by 'good enough' parenting
- Gain practical tools and strategies to use when you feel stuck
- Develop an understanding of what could be going on for your child and a new way of thinking about the challenges you face
- Access staff trained in psychologically informed approaches to parenting

### Parent feedback

- "I was really skeptical at first but now we have changed our approach to how we manage the challenges from our children, and it's been life changing. You get what you are willing to put in" Dad of 3
- "I used to feel so alone, but now I have a great network of support. I get to speak with others that have been through similar challenges"- Mum of 2
- "Not jumping in and reacting straight away has helped and using the tools to get to the bottom of where the behaviour is coming from has been great. Mum of 3
- "I would recommend this to everyone- it has helped me connect with my step-daughter" – Step-mum of 1

## Are you tired of the power struggles?

## Do you feel stuck with how to help your child?

**Please talk to your Pathfinder worker if you would like to attend.**



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