

“Who’s in Charge?” (“WiC?”) Parenting Programme (8-18)

(8 sessions @ 2 hours)

- Session 1:** Introduction - getting to know each other, creating genogrammes and completion of Pre-course questionnaires.
- Session 2:** Exploring the “causes” or “influences” of children’s violent and abusive behaviour. Looking at the concept of Entitlement Vs. Responsibility.
- Session 3:** Exploring what constitutes abuse and defining its many forms. How children influence, control or have power over their parents!
- Session 4:** What can I control in my child’s life? Exploring consequences and giving choices. Looking at establishing a set of house rules.
- Session 5:** Looking at your style of parenting when you are okay Vs when you are stressed. Exploring 4 specific parenting styles - Permissive, Authoritarian, Indulgent and Authoritative.
- Session 6:** Exploring the various aspects of anger and when anger is used as an excuse. Considering when anger is useful and looking at myths associated with anger.
- Session 7:** Assertiveness - an introduction to aggressive, passive and assertive types of responses and/or communication. Exploring ways of becoming more assertive.
- Session 8:** Self-care and maintenance. Setting goals. Exploring how you want to behave, respond and/or react. Completion of Post-course questionnaires.
- Follow-up Session (optional):** Reflections on the past months, reminders about key resources, setting future goals, self-care and maintenance.