

## **Strengthening Families, Strengthening Communities**

### **Programme Content**

Strengthening Families, Strengthening Communities is a free 13-week Parenting programme suitable for all mothers, fathers, grandparents and any other adults who have responsibility for caring for children aged 3-18 years. In Sunderland, it is targeted at parents/carers of young people aged 12+ so that it does not overlap with Family Nurturing.

Strengthening Families, Strengthening Communities uniquely and creatively empowers parents. The programme supports parents to:

- Manage their young people's behaviour and to 'respond' rather than 'react' to disrespectful behaviour
- Model positive behaviour
- Teach their young people to understand and appreciate family/cultural values and to develop the social skills needed to function successfully as an adult
- Build a supportive and guiding relationship with their young people
- Feel less isolated

Through its trials across the country Strengthening Families, Strengthening Communities programme has been proven to:

- Increase family activities and discussion
- Build positive family relationships
- Help adults to be more confident parents
- Increase the use of positive discipline and communication strategies and decrease the use of negative discipline and communication strategies
- Increase parents' and young people's competence and self-esteem

### **Access Pathway**

Parents wishing to access the programme or agencies wishing to refer their clients on to the programme can contact the Family and Parenting Team on (0191) 443 2908.

After completing a Strengthening Families, Strengthening Communities programme, parents/carers can progress to:

- Another Parenting programme, if they feel that they need a more targeted intervention to support their children/young people
- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>

- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.