

**Series of 4 parent workshops**  
**'Is it them – or is it me?'**  
Facilitated by Steve Russell

**Content included:**

**Behaviour Wall** – Making the links between children's behaviour and their emotional development

**Self-esteem** – What is it? How is it formed? Supporting children with low self-esteem. Parents' self-esteem and looking after ourselves. raising self-esteem.

**Structure and Nurture** – The influence of our own upbringing on how we parent our children. Expectations – negotiables and non-negotiables.

**Specific topics** – Meal times; morning routines; sibling rivalry; aggression; SEN and links with behaviour.

Time was also given over after the sessions for parents to discuss specific concerns on a one-to-one with Steve.

**Feedback**

*"I found the sessions extremely informative and interesting, It was also interesting to get an overview of child development and how our own actions can help or hinder the behaviour of children or others."*

*"Great sessions that have helped me understand which parts of the development contribute to behaviour patterns, and how to use different strategies to manage them."*

*"Good for building relationships with parents. Breaking down barriers." (from TA who also attended sessions)*

*"The group has all helped each other with advice and tips. I have been able to take a step back and re-enter a situation in a more calm and structured manner. Steve's input in explaining behaviours has been invaluable."*

*"Group support and empathy. Tactics for parenting specific situations. Understanding why and how particular behaviours evolve."*

*"I thought the group was very good. Gave us a chance to go back through our lives as people and as parents. 2 days after the course each week we found it was affecting us differently each week. Thank you for everything."*

*"I like how we had the chance to meet new mums and dads and meet new children. New ways of dealing with situations. Thank you."*