



# Parenting support programmes



# Who we are

The Children's Centre turns difficult life experiences into brighter futures for children, teens & families on the Isle of Man.

This could be bullying and finding school hard, to being impacted by developmental disability, poverty, addiction, criminality or domestic abuse.

Our services directly address behavioural, learning or emotional wellbeing needs, which are often the result of these experiences. We bridge the gap in statutory provision before the point of crisis.

## Parenting support programmes

The Children's Centre understands that parenting can sometimes be extremely challenging.

Our parenting support programmes are available to everyone and are designed to explore strategies to support yourself and your child.

You can book a place by visiting our website, calling or via email.

Our parenting courses are designed to help parents:

- Understand child development.
- Provide parenting strategies, including how to tackle specific issues.
- Build strong, healthy parent/child relationships.
- Build on the skills you already have.

“

I wanted to thank you for all your help. You've really changed me for the better. The course has made me think totally differently about everything and changed my whole outlook. You have helped me through one of the most difficult times I have ever been through.

PARENT

”

### 3 HOUR SESSION

## SEPARATION AND DIVORCE: A CHILD'S VIEW

9:30AM - 12:30PM

For dates, pricing and booking information, please get in touch with us.

The Children's Centre understands the sensitive nature of this programme and the circumstances involved. To ensure that everyone can get the best from the programme materials, we run it on a 1-2-1 basis.

During the session you will explore:

- Taking care of yourself
- Reflection on your own childhood
- Understanding your child's development
- Understanding the different influences on children
- Talking to children about separation and divorce
- Co-parenting strategies
- Building resilience in children
- Resources to support your children

## 10 WEEK PROGRAMME

### SOLIHULL APPROACH UNDERSTANDING YOUR CHILD'S BEHAVIOUR

10AM - 12NOON

17th September - 26th November 2024

(with a break during October half term)

This course is for parents and carers who want to know more about sensitive and effective parenting. It aims to develop a framework of thinking about parent / child relationships which can be developed into a lifelong skill. This in turn promotes effective behaviour management.



## 8 WEEK PROGRAMME

### TRIPLE P - POSITIVE PARENTING PROGRAMME

10AM - 12NOON

15th March - 29th April 2025

This is one of the most effective evidence-based parenting programmes, backed up by more than 35 years of ongoing research. **Triple P** gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour and prevent problems developing.

## 4 WEEK PROGRAMME

### UNDERSTANDING AND PARENTING TEENS

9:30AM – 4:00PM

17th August 2024

7th December 2024

8th March 2025

9th July 2025

It's not just the hormones! Teens can offer up many challenging behaviours. Throughout this course we will look at teenage brain development, relationships, identity and boundaries to support parent/teen communication and positive relationships.

- To better understand teenage brain development
- To acquire new parenting skills
- To learn how to better communicate with teenagers
- To learn how to deal with emotions caused by difficult teen behaviours
- Lunch will not be provided; please make sure to bring your own



# How can the service be accessed?

The **PARENTING SUPPORT** programmes can be accessed by anyone who feels they need support. Please call The Children's Centre email us or visit our website to register your interest. A member of our family support team will contact you directly to discuss your needs and the best programme for you.

Please Note: there is a cost associated with the Separation and Divorce programme. For further details please contact us.

If you have a client or a family who you think that would benefit from the parenting programmes please contact The Children's Centre Director of Services to discuss your needs and any associated costs.

**OUR REFERRAL FORM CAN BE FOUND AT:**  
**[www.thechildrenscentre.org.im/refer-to-us](http://www.thechildrenscentre.org.im/refer-to-us)**

All our courses are delivered from our centre and therapeutic learning farm:

Wallberry Farm,  
Old Castletown Rd,  
Braddan,  
Isle of Man, IM4 1AQ



01624 800 000



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[thechildrenscentre.org.im](http://thechildrenscentre.org.im)

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