



Joining information

Welcome to the 6 session online **'Harmony at Home'** Course. In preparation for the course please read this information and, if you have any questions, please email the office on admin@theparentpractice.com

How the classes work:

I'm Elaine Halligan, and I'll be your parenting coach for the 6 weeks we have together of live coaching. I've been in your shoes, I've been at the end of my tether wondering why my child is so difficult and what I can do to support him. I've learned first hand the skills it takes not just to survive the struggle, but to get to the other side and change the story.

You will have access, ahead of the live coaching, to presentations of the six positive parenting practices (see below) and please note we will cover the key skills of Descriptive Praise and Emotion Coaching many times over. I suggest you always a week ahead of the live course and always have watched the presentation of the skill for the week, before attending the live coaching session, so you can come armed with your questions and thoughts.

These are the skills that you will cover during your six sessions:

1. How to develop your child's motivation, co-operation, confidence and consideration using Descriptive Praise.
2. Emotion Coaching: Strengthen your emotional bond with your children, encourage communication and good behaviour by understanding and helping them manage their emotions effectively.
3. Being in Charge: Understanding your child and your own parenting style: Understanding your child's stages of development and temperament and framing appropriate behavioural expectations. Understanding beliefs about parenting which shape your approach.
4. Setting up for Success: How to make home life harmonious and reduce stressful moments.
5. Family Values, Establishing Rules and Using Rewards: How to make and consistently follow through on rules in ways that pass on the values you want to your children and encourage cooperation while preserving individuality.

6. Positive Discipline: Understanding and responding constructively when our children get it wrong in ways that teach children to take responsibility and learn from their mistakes without damaging self-esteem.

Participation

During the live coaching sessions, please ask any questions you may have. Several other people will probably be thinking the same thing! You can rely on me to ensure your question has relevance for everyone's learning. Do come with questions about how something went at home between sessions –we can take time to review what actually happened during the week as you worked applying the skills. If you are unable to make the live coaching any week, then feel free to email me at elaine@theparentpractice.com and I will be sure to answer your question in the coaching session and you can catch up on the replay.

Confidentiality

It is very important that each member of the group feels free to speak in complete confidence about issues which may sometimes be very personal. We ask that you respect the privacy of the other members of the group by not repeating anything said by another parent in a session outside the group and by listening to others' contributions in a respectful and non-judgmental way. By joining the course you are undertaking to respect the confidentiality of the other participants. The sessions will be recorded for everyone in the group to access.

If anonymity is important I suggest you keep your camera off and change your screen name.

How to get the most from the sessions:

If it is possible for both parents to take part in the sessions, we highly recommend it. If one partner is unable to participate then we suggest they read either the course manual or 'Real Parenting for Real Kids' by Melissa Hood, Founder of the Parent Practice, and set time aside to have the participating partner explain what they are learning. We also recommend our single topic workshops that are available each term.

We recommend that you read the notes and watch the video ahead of every coaching session, in order to get maximum benefit.

After each session:

Your notes include a 'Mission' (homework) for each session. It is very important to focus on these and you may want to have a system in place to remind yourself to do this.

Previous participants acknowledge that it is only when they got into action that they began to see results!

ALWAYS do your Mission. This course will make a difference only if you actually make changes at home. The Mission is designed to kick start that process. Never fear, your Mission is not handed in or graded! It is there to help you wrestle with the topic and skills.

As the week goes along, collect questions for review either about the Mission itself or anything that happened in your week. The more you ask and apply, the more you learn.

Attendance:

The programme is designed for you to attend live coaching weekly for six sessions. To get the maximum benefit we strongly recommend that you make it a priority to attend each week in succession.

Your confirmation includes a list of the dates for your course. If you have to miss a session a recording will be loaded in the TEACHABLE platform, so you can watch at your leisure.

The course will remain open for 3 months from the start date of the live coaching, so you have time to revisit and download any materials you need for your parenting toolkit

Recommended background reading:

'Real Parenting for Real Kids,' by TPP's founder Melissa Hood, (available from our website or from Amazon) is the perfect accompaniment to the course.

'How to talk so kids will listen and listen so kids will talk' by Adele Faber and Elaine Mazlish is also a very useful book that complements our work.

And my own book **'My Child's Different'** with contributions from Melissa Hood shows how with the use of positive parenting skills any child's potential can be unlocked (available from our website and good bookshops).

I really looking forward to having you in the group over the next 6 weeks.

Yours Aye

elaine♥