

## KCC's 'Understanding Yourself, Understanding Your Child'

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An intensive 9 week programme, that has achieved an Enhanced LASER Learning Quality Mark, designed and developed by a group of professionals with experience in delivering parenting programmes and working with Children, Young People and Families.

For Parents open to Early Help, Specialist Children's Services or receiving Additional Support within Children Centres/Youth Hubs

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### WEEK BY WEEK GUIDE:

Course Introduction Session

One – Understanding Your Child's World

Two – Understanding Your Child's Behaviour

Three – Your journey and enjoying your child

Four – Being a Parent

Five – Communicating with Your Child

Six – Listening to and Understanding Your Child

Seven – Planning Ahead and Troubleshooting

Eight – Family Rules, Negotiation and How Far We Have Come

#### **Target Group:**

Early Help Notification, open to SCS or Additional Support

#### **Age Range:**

0-19 (25 with SEND or disability) Years

#### **Referral Pathway:**

Referral form submitted to local Early Help Team

#### **Delivered By:**

Early Help Staff

#### **Programme Duration:**

9 weeks (weekly 2 hour sessions)

For more information, please contact:

[ShepwayEarlyHelp@kent.gov.uk](mailto:ShepwayEarlyHelp@kent.gov.uk)