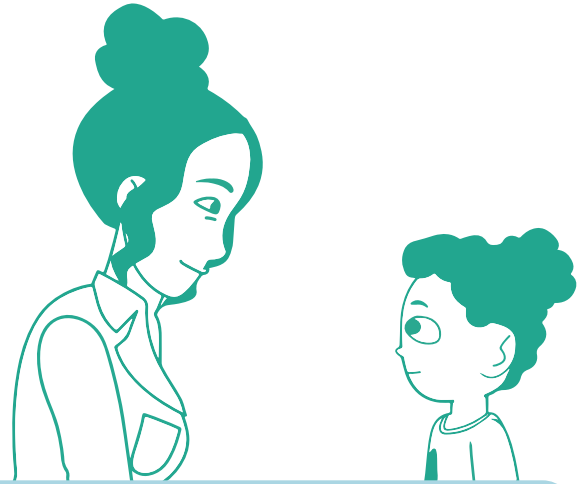




Parenting Smart – Online Course

Programme Overview

This online course will give you evidence-based strategies that will help nurture your child's ability to build resilience, confidence, communication and problem solving skills.



Content

Module 1: Connecting through play

Playful moments, like drawing together, or kicking a ball, help children feel connected, confident, and valued. But it is often hard for adults to make time for play. This module offers simple ways to make the moments you already have with your child feel more meaningful and connected.

Module 2: Praise and rewards

Praise and rewards, when used appropriately, can play a powerful role in building your child's confidence. By the end of this module, you'll be able to praise and reward your child in ways that increase their self-esteem and boost their motivation to learn new skills.

Module 3: Selective ignoring

When used consistently, selective ignoring can help children to manage their emotions and behaviour better. This module shows how to use selective ignoring effectively, so that children learn better ways to get our attention while still feeling supported and connected.

Module 4: Clear instructions

Clear instructions support a calmer home and help children feel guided and capable. In this module, you will learn to give instructions in a way that helps children understand and cooperate more easily.

Module 5: Consequences

Here we will explore how to help children learn responsibility. Consequences are often confused with punishments. In this module, we will give you practical ways to set consequences to teach cause and effect in a calm, fair, and respectful way.

Module 6: Time out to calm down

Time out helps you and your child to calm down at times when emotions are running high. It is a tool often misused in the heat of the moment but when used calmly and consistently, it teaches children life-long self-regulation skills.