

Sure  Start

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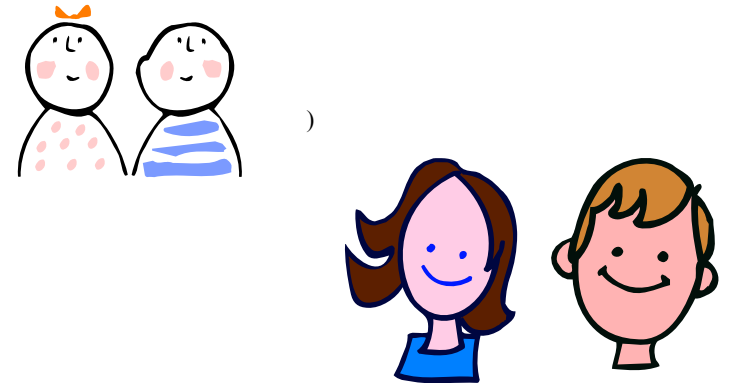


West Lothian
Council

For information on what's on in your area visit our web site
at www.wlcsurestart.org.uk

Getting Through The Day For Dads

A course for dads with pre-school children.



Transport Provided
Refreshments Provided
Crèche Available

For more information or to book a
place contact

Getting Through The Day

“Getting Through The Day” is a course for parents and has been run for mums and dads. We aim to provide a place where dads can talk together and learn from each other. We do this by talking about a range of topics. Each topic gives dads opportunities to find solutions to concerns they have about their children and themselves. We expect that what is said in the group is kept confidential. This course offers dads a chance to learn from and support each other.

The course was developed by John Rogers, and some parents, and has been running since 1994. This means that the course was developed by parents for parents. Lots of dads have made suggestions about making the course better, and we have tried to use these ideas. Courses for dads have been run.

We will also look at how children grow and what we can do to help our children. Also as one dad said “Parenting is not so much about the children, as being about us parents feeling happy with ourselves”. We think there is something to this, so we will look a bit at ourselves.

We will look at ways of getting on with our children – at communication and how to make our children feel encouraged and also how to get their co-operation. All this will lead to ideas on managing our children’s behaviour. We will do this in a variety of ways including watching a video which shows a series of typical scenes in daily life which can cause hassles.

The video and the handouts offer some ideas on managing children’s behaviour. But this does not mean we have to be expert parents, merely that we try and get on with our children – where we respect our children and they will respect us.

We ask dads to do some things at home. This will mean trying out the ideas at home and talking together with partners and children. Handouts for reading at home will also be given out.

Getting Through The Day

Week 1 Introductions

This session will look at our about what it means to be a parent and what we hope to get from the course.

Week 2 Communication

This session will consider ideas how we communicate with our children, the barriers and how we can get better at it.

Week 3 Encouragement

This session will explore the importance of talking and listening to our children in a positive way.

Week 4 Co-operation

This session will look at strategies for getting your children to cooperate with you and others.

Week 5 Dealing with Conflict

This session deals with the difficult subject of conflict and tries to help find ways that parents can deal with it more effectively. the

Week 6 Getting Up! Getting Out

This session will discuss the difficulties associated with these activities and help find ways of dealing with them.

Week 7 Mealtimes, Bedtimes & Siblings

This session will explore the difficulties around these activities and discuss how these can be best handled.

Week 8 What have we learned?

A final review of the course and a look at what happens next.