

# KEEPING YOUR CHILD IN MIND

## (1-DAY TRAINING FOR PGLS)



This 1-day training course is for practitioners who have already trained as a Parent Group Leader (PGL) and wish to offer the 4-week Keeping Your Child in Mind programme for parents/carers. The groups focus on relationships within the family and in particular the influence of parental relationships on children, including when there might be conflict and tension. Parent groups must be facilitated by a team of 2 The Centre for Emotional Health trained Keeping Your Child in Mind facilitators.

### LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Demonstrate group facilitation skills.
- ✓ Outline the impact of adult relationships on children and young people.
- ✓ Relate this to appropriate parenting styles, skills and strategies.
- ✓ Describe the importance of The Centre for Emotional Health Four Constructs to support parenting.
- ✓ Deliver the Keeping Your Child in Mind programme to groups of parents and/or in one-to-one sessions with parents.

### RESOURCES

The training includes a copy of: Keeping Your Child in Mind - Adults Working Together Handbook and Keeping Your Child in Mind: Guide for Parents.

### OUTCOMES FOR PARENTS AND CHILDREN

- ✓ Explored the importance of positive relationships within families.
- ✓ Developed parents' understanding of the importance of the Four Constructs to support their parenting.
- ✓ Developed parents' understanding of the impact of their interpersonal relationships on children and young people.
- ✓ Promoted positive approaches to reducing parental conflict.
- ✓ Provided an opportunity for parents to share their experiences with others.

#### BOOK TRAINING:

##### **£250 per person face-to-face**

Visit our [online training calendar](#) to see training dates and locations and book your place.

##### **£2,850 in-house team training face-to-face**

For a group of up to 20 Parent Group Leaders. To find out more or to discuss booking a team training, please [get in touch](#).

Prices applicable to training courses delivered on the UK mainland.



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