



Families Feeling Safe

Protective Behaviours Training & Services

Starfish House, 3, North Road,

Stevenage, Hertfordshire

SG1 4AT

001 .71.

E-Mail: enquiries@familiesfeelingsafe.co.uk www.familiesfeelingsafe.co.uk

Tel: 01438 728653

The Families Feeling Safe programme

for Mums, Dads & Carers



Supporting your child's emotional wellbeing, linking feelings, thoughts and behaviour and having strategies for feeling safe.



"I really got a lot

facilitators were

fantastic, really

non-judgemental

Thank you so much

and supportive.

- I've learned

lots"

thought the

out of this course. I

The Families Feeling Safe

improve family life?

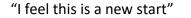
Programme for Dads

The Families Feeling Safe programme runs for 9 weeks with one follow on session. The weekly sessions are 2 hours and every Dad receives their own workbook with ideas to try at home.

It's a practical and down to earth programme for dads and male carers of children and teenagers aged between 0-19 years old.

The Families Feeling Safe programme can help to:

- Build self-esteem and confidence
- Understand the link between Feelings, Thoughts and Behaviour
- anxiety and worries and make safe choices
- Understand what may be influencing your child's behaviour
- others
- Improve emotional well-being
- Develop strategies for feeling safe and situations



Are you looking for some strategies and new ideas to help

- Recognise Early Warning Signs
- Manage a range of feelings e.g. stress, anger,
- Improve communication with your child and
- problem-solving skills to use in a range of



- ✓ Helping you find what will work for you and your child
- ✓ Getting involved, trying new
- ✓ Building on your stengths as a
- ✓ Creating a safe space to talk with other dads
- ✓ Being valued and supported

and what it's not about...

- **✗** Being told what to do
- Sitting and just listening
- ✗ Finding fault or criticism
- × Having to talk about personal stuff
- ✗ Being a perfect parent!

SESSIONS COVER:

FEELING SAFE

THE LINK BETWEEN FEELINGS, **THOUGHTS & BEHAVIOUR**

BUILDING A SUPPORT NETWORK

UNWRITTEN RULES

COMMUNICATION

PROBLEM-SOLVING

STAYING IN CONTROL AND MAKING SAFE CHOICES

"I wish I'd done this sooner!"



What other Mums, Dads and Carers have said about the programme...

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"Before I attended It was like walking on egg shells with my daughter's anger and frustration. Now, it's harmony and effective communication"

"The activities are a good way of understanding my son. I'm enjoying doing the activities with my children"

"The most helpful part was communication. Understanding feelings and how this drives behaviour. The group has provided some valuable ideas on dealing with some behaviours and also an insight to potential problems and how others have dealt with these. I think my children have found me to be more patient and attentive"

