

NOW AVAILABLE ON-LINE PARENTING PROGRAMME

*Family Lives has been supporting parents/carers
and families across the country for 30 years.*

*We are pleased to offer this exciting new
on-line support service.*



If yes - please visit our website,
www.familylives.org.uk

Parents Together On-Line

An easy to navigate, on-line parenting programme for parents/carers:

- ❖ of children age 3 – 11
- ❖ wanting increased parenting skills and confidence and improved relations with their children
- ❖ with broadband access and basic computer skills

Key features:

- ❖ 6 x 30-45 minute modules
- ❖ video mentor, quizzes, interactive graphics, audio role plays, interactive exercises, comments board, completion certificate for each module

Outcomes for Programme

- ❖ Increased confidence/belief in abilities as a parent
- ❖ Increased listening and communication skills
- ❖ Improved skills at setting boundaries
- ❖ Decrease in challenging child behaviours
- ❖ Improved family relationships
- ❖ Increased control as a parent
- ❖ Less anger and more co-operation and enjoyment in the family