



Parent impact and experience

EPEC is very popular and highly recommended by parents. EPEC transforms parents' knowledge and skills, family resilience and relationships, children's outcomes and development.





What do parents like about EPEC?

Thousands of parents have taken part in EPEC courses. Parents are passionate about their experience and strongly recommend the course. Parents say:

- "The course helped me and the children a lot, the course had a fantastic atmosphere and very encouraging to try new strategies which are extremely helpful."
Parent, Croydon Children's Centre
- "The course had a lot of useful information presented in an easily accessible way. The many thought provoking topics made me understand my feelings and my child's feelings more and act in a more knowledgeable and competent way."
Parent of 3 year old, South London
- "The way each topic and subject is broken down helps your understanding more and makes you feel better as a parent, that you are not alone and things can change."
Parent, Children's Centre
- "I really enjoyed attending the group, I like the way parents shared ideas and experiences with other parents and also group leaders showing us techniques and the skills to use to become a positive parent."
Parent, Lambeth Children's Centre
- "This course has helped me to break the cycle ... to begin to let go of my past...enabling me to finally look to the future."
Parent, Lambeth Children's Centre

What impact does EPEC have?

Over 90% of parents report that EPEC has increased their understanding of positive parenting, developed their parenting skills and increased their confidence to be an effective parent. Parents say:

- "It has helped me to stop smacking and shouting, I listen to my daughter a lot more."
Parent of 6 year old, Southwark
- "It's changed my personality as a person and as mother towards my child."
Parent, Newham, East London
- "This course has calmed me down ...I understand my child's behaviour and it has made us both happier."
Parent, South London Primary School

- "From doing this course my depression decreased and my relationship with my children has noticeably improved."
Parent, Lambeth Children's Centre
- "This course made me realise that positive parenting means using warmth, love, respect and good communication."
Parent, South London, Primary School.

What changes for parents?

Parents learn how to use a range of positive parenting skills; better understand their children's feelings; listen, communicate and interact more effectively; nurture closer, warmer parent-child relationships; and develop more resilient families. Parents say:

- "I learned to listen to my child, not to label him, to play with him and understand his feelings. Before the course, I was screaming and shouting for anything, now I am more calm, I've changed a lot."
Parent of 3 year old, Children's Centre
- "I learnt better discipline strategies, this gave me more confidence whilst dealing with my child as I am now able to know exactly what to do when my son is acting a particular way."
Parent, Southwark Children's Centre
- "I realised how special time with the kids makes a big difference in their behaviour and being consistent with the kids."
Parent, South London
- "The course has been brilliant for me as I now stop and think about the situations no matter how upset, angry, and red I am. I always consider my child's feelings instead of just my own."
Parent of 8 year old, Child & Family Centre
- "Acknowledging feelings has really widened my experience, because I could remember my own childhood each time."
Parent, London Borough, Children's Services

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