



EPEC Programme Components

Facilitator training

Local parents - from diverse backgrounds and all active in their communities – are encouraged to train as facilitators of Being a Parent groups. The facilitator training (Working with Parents for Professionals and Volunteers,) accredited at Level 3 by the Open College Network, runs one day a week for 10 weeks (60 hours).

The course covers:

- Children’s behaviour and parents’ responses
- Cultural and social influences on parenting styles
- Supporting parents and parenting skills
- Listening and communication
- Groupwork theory and practice
- Ethical and professional issues in parenting education

Learning takes place through direct teaching, discussion in large and small groups, role play, reading and research and facilitation skills practice. Candidates are assessed on their contribution to the course, a written portfolio and their facilitation practice. All students successfully completing the 10-week course are required to go on to co-facilitate a Being a Parent group, which forms part of the assessment. There are then some opportunities for trained facilitators to be employed to run Being a Parent groups on an ongoing basis as part of the EPEC programme.

Groups for Parents

Being a Parent is a 16-hour programme (2 hours per week over 8 weeks) delivered by local facilitators in community venues and suitable for parents of children under 12. The programme is manualised and the course materials are available in English, Arabic and French.

The course is suitable for parents of children aged 0 – 11 (material for teenagers in development) from all backgrounds and with a wide range of difficulties. Typically, the groups are open access and will include Range of Need Levels 1 – 3. All families can benefit from this programme, but systems are in place to enable referral on for families with additional needs.

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The course aims to help parents learn practical communication skills for everyday life and develop their abilities to bring up confident, happy and co-operative children. Learning takes place through discussion groups and role play, where new skills can be practiced in a supportive environment.

Key topics covered on the course include:

- Self-esteem
- Dealing with feelings
- Understanding behaviour
- Listening skills
- Setting limits

Groups are run by trained local parent facilitators, who work in pairs, and are given regular support and supervision through the EPEC programme.

Free crèches are provided alongside each group. Parents attending the course can choose to gain accreditation for their work through the Open College Network.

Additional Workshops for parents and parent facilitators

Regular 'top-up' workshops are available for parents after completion of the Being a Parent course. These support ongoing connections between families and provide additional information on topics such as sibling rivalry, positive behavior, and 'how to stop shouting and enjoy your children'.

Parent facilitators are supported through regular supervision and are also offered additional workshops, which provide essential peer support and 'in-service' training. Regular use of video of Being a Parent groups in action enables parent facilitators to reflect on, discuss and develop their practice.