

Parents Supporting Parents

Course Registration Form

Name of Registrant _____

Address _____

Postal Code _____ Birthday _____

Home Telephone _____ Cell Phone Number _____

Email _____

Gender: ☐ Male ☐ Female

Check one: ☐ Parent ☐ Foster Parent

☐ Caregiver ☐ Grandparent

☐ Other _____

Number of children _____

Ages _____



Registration

- This course will be offered in English.
- Participants must be 16 years or older.
- A maximum of 12 persons can be registered for the course.
- There will be 6-8 sessions, each of approximately 2 hours in length, one session per week.
- Should you decide to take this course please fill out the attached form and drop it off or send it to:



Parents Supporting Parents

The course will be starting on:

Date: _____

Time: _____

Location: _____

Course Facilitators: _____

Mothers'  UNION



Parents Supporting Parents

A Parenting Course for Parents and Caregivers



Developed by:
The World Wide Mothers' Union

Parents Supporting Parents

About This Course

This course is a practical course for parents and caregivers, run by a trained facilitator. There are no experts or professionals. Group members are encouraged to share their experiences and discuss what works well for them in bringing up their children.

It is based on relationships; participants learn to develop trust with one another and to value and work on their relationships with their children.



The areas covered are:

- Meeting children's emotional needs
- Developing self esteem and the keys to positive relationships
- Exploring communication – talking and listening
- Developing trust
- Dealing with challenging behaviours
- Keeping children safe
- Health and nutrition
- Teenagers – relationships
- Children with special needs



Course History

The course has been designed by the Mothers' Union. It is for all people and has no religious content.

The course began in England in 2000 and has been used around the world, including countries such as Kenya, West Indies, Rwanda, Australia and USA.

The manual was created by trainers to be used in each of the countries where the course was being offered. It is adapted to suit the cultural needs, environmental concerns and specific health issues of that country.

The course is divided into weekly sessions of ~ 2 hours in length. It runs from 6-8 weeks depending on the class. Participants receive handouts on the course content and discuss what it means to them. Many people said this sharing was very valuable to them.

There is no charge for this course.



What People Say About This Course:

"It reinforced the good I was doing and made me feel more positive about being an 'at home' Mom." - Parent

"I learned how to handle bad behaviour, how to encourage my children and how to correct the mistakes I'd already made." - A father

"The information enabled parents to talk about parenting in a positive and constructive way." - Teacher

"Thank you for the course. It has completely changed the way we operate as a family and has helped us all." - Parent

