

# EMPOWERING PARENTS EMPOWERING COMMUNITIES

## The 'Being a Parent' Course

### What is EPEC?

Empowering Parents  
Empowering Communities is a  
free, volunteer-led, evidence-  
based parenting programme



Each session is delivered  
by two Parent Group  
Leaders (PGLs) who have  
received 60 hours of  
training to deliver EPEC  
courses

Our sessions empower parents to share experiences,  
learn new skills and practice these alongside other  
parents

### Who is it suitable for?

Any parents or carers of  
children aged over 2 and  
under 12 years are welcome  
to join



Our course offers an early, low-  
level intervention, empowering  
parents to improve  
communication, behaviour  
management, family dynamics  
and parent-child relationships



Parents are supported and encouraged to try new  
parenting techniques each week and share the  
outcomes with other parents

### Course Content

#### Welcome Week

- Getting to know each other

#### 1. Being a Parent

- Self Care
- Good enough vs Perfect Parent

#### 2. Feelings

- Expressing, acknowledging and accepting feelings

#### 3. Play

- Child-led play

#### 4. Valuing my child

- Avoiding labels
- Descriptive praise

#### 5. Understanding behaviour

- Behaviour behind needs

#### 6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no

#### 7. Listening

- Reflective listening
- Open vs closed questions

#### 8. Review and Support

- Reviewing content



### Upcoming Course

Online via MS Teams for Bingham Children's Centre  
Monday 12.30pm-2.30pm for 9 weeks  
24, 31 Jan, 7, 21, 28 Feb, 7, 14, 21 and 28 March 2022  
To book a place call: 0115 977 3749

- Starts: 24 January 2022
- Ends: 28 March 2022



### What Next?

After attending this course you may want to train to  
become a volunteer Parent Group Leader yourself  
and deliver the 'Being a Parent' course to parents  
just like you!