Parenting conversations offered by Hope



We love to engage parents in discussions about parenting. It is such a vital area of conversation and family support to enable us to pull off one of the most important tasks in life...nuturing babies into adults. This task comes with little or no preparation and training and every child is unique so not surprisingly needs individual handling!

We call these sessions **" A Chance To Chat."**

For some, parenting it is the most natural thing in the world; whilst for others it is the complete opposite. Some parents feel confident and simply enjoy thinking more about their parenting, whilst others are feeling isolated and desperate for help, lacking the confidence or people to discuss their situations with. Hope looks to acknowlegde and support every starting position, valuing the engagement in conversation of any familiy,whether in a group situation or individually as required.

Parenting, or even grandparenting, as is so often the case these days, is so beautifully varied, with every family's character being different. Our conversations are intended to stimulate discussion and sharing amongst families rather than present a particular methodology of parenting. Our involvement with your community can be one off pop up discussions or made into a programme of sessions as fits your needs.

The material we have offers any family a **'A Chance To Chat'** about subjects in an **informal, encouraging environment** where, we hope all parents will feel safe to share the ups and downs of their past and present experiences without feeling judged, or even judging themselves as the worst parent ever! There is such encouragement in hearing that others have experienced what we might be going through and also to pick up tips and ideas from each other. Material can be offered with a biblical emphasis or not depending on the appropriateness your families attending.

Stand alone conversations available***

Each session has the option of a PowerPoint to aid conversation which can be printed off as a handout to take home.

Building our children's independence and friendships



How we can encourage and be a support for our children as they navigate growing up without interferring and controlling the situations.

Caring for God's Handiwork

Do you wonder what difference being a Christian parent makes to your children?
Are you looking for ideas in how to apply your faith to your parenting?

Consulting the Route Map



Would it help to take a moment to think about how your parenting is going?

Creating a home your children want to come home to.

A chance to think about the important issues of your home culture; what is working and what will help improve your sense of family.

Reducing emotions that impact us as parents



Guilt, embarassment, inadequacey, the list goes on and can occur for numerous reasons. Come and find encouragement, conversation and a space that will help reassure and suggest ways of reducing the impact of these burdens.

Handling energetic and anxious children

They seem polar opposite characteristics, but one can be linked to the other and managing the behaviours are very similar.

Helping our children manage their own behaviour

Are you finding it hard to get your children to do what you want ?
Are all your efforts to manage your children's behaviour feeling unsuccessful?



Helping our children become responsible, resilient adults

Is it ok to let my child feel bored?
Ever feel you don't want your children to fail?

Helping our children to become responsible adults

How much should we encourage our children to do?
Do you feel a failure if your child makes a mistake?
Does your child never seem to take responsibility?

Helping our children to handle their emotions



Enabling our children to express and understand their emotions develops a way of being emotionally and mentally happy.
It also creates a caring, kinder personality that can empathise with others.

Helping to build your child's self esteem

Only your child can choose what they believe about themselves, but there is Plenty we can do to support the healthy growth of their inner mindset.

Living life with more than one child (Sibling rivalry)

Are you tired of being a referee and want to be more of a mum or dad?
Do you wonder how to encourage your children to like each other?
Are you anxious about the effects of a new baby on your older child?
Do you long for happy harmonious siblings?



Navigating our children safely into the digital age

Is monitoring screen time driving you mad?
How do you see technology as part of raising children in a modern age?

Parenting more patiently

Ever catch yourself wishing your children would just grow up?
I was such a patient person before becoming a parent!



Playful parenting

Playing? Surely that's kids stuff? Think again!
Play is a key element to learning and being a confident person, even in adulthood.

Speaking our children's love language

Are you keen to keep up good communications with your child as they grow up?
Want to give some time to thinking about making your child feel valued?



Supporting and Managing our children through anxiety (2 part conversation)

Part 1…Gaining the understanding of what is behind their worries
Part 2… Practical ideas to help

Supporting our children through school

Do you worry about your child having friends?
Do you wonder whether to intervene in a situation or not?
Do you hear the statement 'Everyone else does it at school!'?

Supporting our children through change and transitions



Does change cause you or your child anxiety?
Would it be helpful to discuss how to handle a change coming up in your family situation?

The Power of bedtime

Sleep is important for everyone! This session is a chance to share ideas and ways to help gain some good rest for you and your child.



Understanding and enjoying our children

Does parenting sometimes feel a bit of an uphill struggle?
Looking for ideas and strategies to help you and your child manage their behaviour?

Understanding children living with ASD (2 part conversation)



Part 1… Gaining the understanding of our children's ASD behaviour
Part 2… Offering practical ideas to help support our children

Communication tools: Social stories, Visual timetables, Communication fans

Are you finding it hard to get your child to develop in their independence?
Do they struggle to organise themselves?
This discussion helps to understand the benefits of social stories and visual timetables as tools. It gives time think about what your personal resources might look like and where to find resources

Let's talk about ADHD

A chance to chat about the ups and downs of ADHD aimed at gaining understanding and emotional support as a parent to become a stable anchor for your child for your child to flourish.

***If there is a particular issue in your community that isn't on the list, do feel free to mention it to us as we would happily work at putting together a conversation to help address the area of concern.

hope
building confidence, creating a future