



The 4C's of Being a Parent

Following on from the popular 'Taking Time to Stop Understand and Move On' course, Ed and Sarah Hollamby now also offer a 2nd course for parents and carers. This Family Learning course is also offered free to schools, funded by Lincolnshire County Council. Ed and Sarah come with a wealth of experience and expertise working in a wide range of sectors. They have expertise areas such as communication, wellbeing, emotional regulation, behaviour and leadership. The TT2SUMO course aims to help families to create a 'toolkit' of tips, tools and suggestions to help children to manage the big emotions and challenges that inevitably come their way. This second course continues to build on the strategies explored previously and looks at some key areas of parenting that can help us to better understand and support our children and to develop positive relationships as a family. The four areas that will be covered are:

Connection, Communication, Conflicts and Complications

CONNECTION

In this session we will explore how connection is a child's greatest need and a parent's most powerful tool. Drawing on research and expertise from Kate Silverton, Katherine Hill, Julie Morgenstern, The Big Life Journal and Nurtured Minds we will look at this thing called 'connection,' why it is so important for the relationship we have with our children and how we can start to build connections that have a positive impact on our family life. Achieving connection with our children is something that we need to practice daily, therefore, in the session we will look at some hints and tips of how we can make this happen.

COMMUNICATION

Kate Silverton in her book, *"There's still no such thing as 'naughty,'" says; "Communication is a hallmark of our species. It's how our ancestors survived living and hunting in groups. Their survival depended on their ability to communicate and to process information well. It meant each individual could relax in the group, feeling safe and secure. The same goes for our children today."* (Pg 161) We will explore ways to improve our communication, the importance of how we speak to and about our children, how we can support our children to develop more effective ways to communicate their big emotions and to begin to be able to spot our children's 'distress flares.'

CONFLICTS

Conflicts and crisis management are often common occurrences in family life. In this session we will explore how prevention is the key when it comes to dealing with our children's distress and learn how to spot the signs that our children are in 'fight or flight.' Children with strong 'executive functioning skills' are better equipped to regulate their emotions but if these skills are not as developed, they are more likely to exhibit frequent uncontrolled outbursts, aggressive behaviour and defiance. We will explore some simple ways to develop these skills in our children.

COMPLICATIONS

There are so many things in life can add complications to our family lives. The general busyness of life, different perspectives, screen time, additional needs, neurodiversity, to name just a few. In this session we will take a whistle stop look at some of these challenges and ways to that we might work with them rather than against them.

The course promises to be informative, interactive, and practical with some key take aways which will have some positive impacts on family life.