

This programme is designed to help parents, or those who have responsibility for children, to better understand and respond differently to conflict and to difficult communication, to enable their children to thrive.

The programme encourages parents to behave in the best way for children and to become clearer about what their children need most from them.

The programme also equips parents with skills to take steps for themselves, and make life better for yourself and your children. Parents attend one course (4 hours over 2 sessions) and can attend together or on separate sessions. During COVID-19 Sessions will be held via the web and Relate or the Family Hub will help you with the ICT.

**FREE OF CHARGE!**

### ***When a PIP Programme might be a good idea?***

- When communication needs to improve between adults who have caring responsibilities for children and young people.
- When the parents have difficulties focusing on their children's needs due to ongoing conflict.
- When parents are struggling to agree on parenting issues / styles of parenting
- When mediation is being considered as an option.
- When parents have separated and want the best for their children.
- When feelings and reactions to the separation are affecting the parents' ability to look after their children as well as they would want to
- When there are no current safeguarding concerns about children or parents.

### ***What does the PIP cover?***

- It explores parent communication and how to react appropriately when under stress.
- It considers what children need and the impact of conflict on children.

### ***Who can attend?***

- Parents / carers who are in a relationship and struggling with different parenting styles and conflict
- Parents / carers who are separated / divorced and struggling with ongoing conflict regarding communication and parenting styles

### ***How to access the course?***

- Parents / carers, or practitioners supporting them, can contact **Jenny French at Relate**, who will make the arrangements for individuals to attend the course

**Email:** [Jenny.french@relatecoventry.org](mailto:Jenny.french@relatecoventry.org)

**Telephone:** either 01 302 380945 (direct line), or the main reception at Relate Coventry & Warwickshire on 024 7622 5863