

BUILDING YOUR OWN PARENTING TOOLKIT

Each family is different and have their own strengths and areas of challenge. Now you have shared your family story and worked through our Parents under Pressure Family Framework to help identify the areas of strength, we can move onto thinking about ways of going forward to develop some clear GOALS for change.

To help achieve your goals we will, together, build a parenting toolkit: the knowledge, skills and resources you'll need for each goal. These goals are all aimed at ensuring you have the toolkit to support your childrens development and help them be the best that they can be.

Let's make an Action Plan to achieve a goal! (Example)

What can you do to achieve your goal? E.g. Spend special time with my child

1. First think of some things you could do to achieve your goal.
2. Next, think of the things that might make it hard to do.
3. Choose the option that is easiest to do right now.
4. Now break up what you need to do into small step

E.g. Play with my children each day

Step 1: Choose a time when there is not a lot happening for you and when the children are not hungry or tired

Step 2: Decide how long to do it for, e.g. 10 minutes, half an hour

Step 3: Think of a game to play or an activity to do together

Step 4: Decide where you will play

Step 5: Be in a calm state

Step 6: Do it

If there are some things making it hard to do a step, then break that up into smaller steps