Butterfly Parent Training

Welcome and Introductions

I need a parent

Growing a child

Things that get in the way of a child’s healthy development

Coping strategies

Homework task
I need a parent/carer that will
GROWING A CHILD

Flower: this symbolises the attributes that parents feel their children will need in the future e.g. health, happiness

Stem: this symbolises those things needed to cope with events that can have an adverse effect on the child’s development

Slugs: possible events that could affect development

Soil: those tangible things needed to help a child develop e.g. food, warmth

Seed: the initial human being i.e. the child’s potential, health, temperament and learning ability
SESSION 2

Ways of coping when times are hard

- Keeping busy (too busy)
- Avoiding problem (denial)
- Withdrawal and sometimes depression
- Obsessive focus
- Angry blaming
- Disorganised problem

Better ways of coping

- Seeking support from family/friends/professionals
- Keeping ordinary family routines
- Making time for yourself and looking after yourself
- Talking things through with someone you trust
- Finding ways to relax

Sometimes things are overwhelming

THAT WAS THEN THIS IS NOW
A TIME TO REPAIR AND REBUILD
Homework Task

We have looked at growing a child. Now think about what you want your child to achieve, what your aims are for your child. Also what may have interfered with your child’s development.