

EMPOWERING PARENTS EMPOWERING COMMUNITIES

The 'Being a Parent' Course

What is EPEC?

Empowering Parents
Empowering Communities is a
free, volunteer-led, evidence-
based parenting programme



Each session is delivered
by two Parent Group
Leaders (PGLs) who have
received 60 hours of
training to deliver EPEC
courses



Our sessions empower parents to share
experiences, learn new skills and practice these
alongside other parents

Who is it suitable for?

Any parents or carers of
children aged over 2 and
under 11 years are welcome
to join



Our course offers an early, low-
level intervention, empowering
parents to improve
communication, behaviour
management, family dynamics
and parent-child relationships



Parents are supported and encouraged to try new
week and share the outcomes with other parents

Course Content

Welcome Week

- Getting to know each other

1. Being a Parent

- Self Care
- Good enough vs Perfect Parent

2. Feelings

- Expressing, acknowledging and accepting feelings

3. Play

- Child-led play

4. Valuing my child

- Avoiding labels
- Descriptive praise

5. Understanding behaviour

- Behaviour behind needs

6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no

7. Listening

- Reflective listening
- Open vs closed questions

8. Review and Support

- Reviewing content



Upcoming Course

Wednesdays- 12.45- 2.45pm

using MS Teams,
Your facilitators will lead an interactive
discussion using a PowerPoint, video
links and demonstrations

From Wed 2nd Oct- 11th Dec 2024

No sessions during half term

(no sessions during half term)

