



EMPOWERING PARENTS, EMPOWERING COMMUNITIES

The 'Being a Parent' Online Course

What is EPEC?

Empowering Parents, Empowering Communities Being A Parent Course is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours 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 under 12 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 parenting techniques each 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

- Needs behind behaviour

6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no

7. Listening

- Reflective listening
- Open vs closed questions

8. Review and Support

- Reviewing content



How is it delivered?



Being a Parent - Online via Microsoft teams

Every Wednesday for 9 weeks - 12.30 - 2.30pm

Beginning Wednesday 22nd January - 26th March 2025



There will be no session in half term