



# Medway Parenting Support Service Frequently Asked Questions

## TOPICS DISCUSSED

Each of the group sessions will cover a specific topic which is related to an aspect of your approaches to parenting that may influence your child's behaviour of concern.

Some of the topics covered in sessions include:

Play and Parental Attention, Effective Praise, Rewards, Limit Setting, Managing Misbehaviour, Encouraging Desirable Behaviour, Ignoring Misbehavior, Social and Emotional Coaching.

Each topic is explored through group discussions, viewing video examples and practice. You will be given handouts or a workbook which contains this information.



## CONTACT US

**The Parenting Support Service**  
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01634 336238



## WHAT IF I CANNOT ATTEND?

If you cannot attend a group after you have enrolled we may be able to offer you an alternative group.

It is important that you contact us to let us know about this as soon as possible.

To be fair to other parents on our waiting lists, we will only offer you enrolment to a maximum of two groups.

## WILL I HAVE TO DO ANY WRITING?

You do not have to write anything other than your own notes. We will give you lots of handouts or a workbook depending on the course you are attending.

This is so that you have things to refer back to after the group sessions have ended.

## CHILDCARE?

No uninvited people can attend including children (please discuss any issues with the group facilitator).

## WHAT IF DO NOT ATTEND?

If your child is being assessed by a paediatrician for a condition such as attention deficit hyperactivity disorder (ADHD), then they will require you to attend a group as part of the support your child may need. This is a national requirement for all parents of children with ADHD. If you do not attend it could affect the support being offered by your paediatrician.

If you are being supported by another worker you may need to discuss with them what will happen if you do not attend as this will be related to your individual situation.

To be fair to other parents on our waiting lists, we will only offer you enrolment to a maximum of two groups.

**To gain the full benefits of the course 80 per cent attendance is required.**

## DO I HAVE TO TALK?

You will not be forced to talk in the group each week. We will ask you to introduce yourself to the group on the first week that you attend. In the remaining weeks you can input as much or a little as you like to the discussions that will happen in each session.

## WHAT IF I DO NOT UNDERSTAND SOMETHING?

We have a rule in our groups: **there is no such thing as a silly question!**

You can ask us about anything that you do not understand at any time and we will do our best to help.

## WHO DO WE HELP?

We will work with any member of the family with a parenting role in a child's life, including grandparents and step parents.