

# PARENT GROUP LEADER TRAINING WITH ISLAMIC VALUES

The Nurturing Programme is a structured 10-week programme promoting emotional health, relationship skills and positive behaviour management strategies for parents/ carers. This specialist 5-day training course equips practitioners to deliver Nurturing Programme parent groups to all parents in the community. In addition, the course will consider how to increase the programme's relevance and meaning for the Muslim community, relating the content to Islamic Values. It will include the use of the Islamic Values and The Parenting Puzzle book, bringing together Islamic religion teaching with The Centre for Emotional Health Parenting Puzzle. The course draws on extracts from the Quran and sayings (hadiths) of the Prophet Muhammad (peace be upon him) to demonstrate how Islamic religious values complement the Parenting Puzzle.

## LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Personal and professional reflection, facilitation skills and group dynamics
- ✓ Facilitative and empathic work to increase confidence and skills in parents and families
- ✓ Knowledge and confidence in the use of the Nurturing Programme with Islamic values and ways to increase the relevance of the programme for Muslim Parents
- ✓ A partnership approach to work with parents

## RESOURCES

The training includes: The Parent Group Leader Handbook, The Parenting Puzzle book, the Islamic Values and The Parenting Puzzle Booklet, the Ask It Tell It Game, The Nurturing Game, the Feeling Faces resource.

## OUTCOMES FOR PARENTS AND CHILDREN

- ✓ On average 8/10 parents attending groups report significant improvements in their children's behaviour and family life
- ✓ The programme is highly effective in improving mental health outcomes for children and their parents
- ✓ A reduction in the proportion of children with clinical levels of difficulties
- ✓ Increase in levels of self-efficacy in 8 dimensions of parenting: emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundary setting, pressures of parenting, self-acceptance and learning and knowledge
- ✓ Parents entering education, training and employment
- ✓ A reduction in the number of children subject to safeguarding plans.

### BOOK TRAINING:

#### £18,000 in-house team training

For a group of up to 16 people. To find out more or to discuss booking a team training, please [get in touch](#).

Prices applicable to training courses delivered on the UK mainland.

