



Kids Matter: Booster Session

Catching up

Welcome everyone and serve drinks and food. Explain that today is a time to catch up on how we are all doing with our parenting and bring up anything we want more support on.

Use these questions to have a general catch up:

Q: What have your children noticed about your parenting since we last met?

Q: What are two nice things you've done for yourself since we last met?

Evaluation

If you remember, we said we would be filling in the same online forms that we all did in our first session together and our last session.

I will not be looking at your answers and nor will anyone else other than the Kids Matter research team who will put everyone's data together. Your names (use initials if you prefer) and postcodes are used only to match your answers up with your answers given in Session 1 and 6. The reason for doing these forms is so Kids Matter can learn if taking part in this programme helps you feel more confident as a parent and if that helps your children do better as well. If filling in the forms raises any concerns for you then we are here to talk anything through.

I'm going to send you a link which will take you straight to the forms. First, choose which session you're on (this is the Booster), then fill out your name, postcode and answer all the questions. Keep clicking 'OK' and 'NEXT' until you get to 'DONE', once clicked it will say thank you for completing the survey. Send out the evaluation links by email, text or WhatsApp and wait while people complete the forms. If anyone wants to complete the forms outside of the group, agree that they will complete within two days and send a group reminder after this point if anyone hasn't completed the form.

Allow time for everyone to finish and thank them for completing them.

Consolidation and celebration

Capture comments, stories and quotes on post-its and stick on a sheet for all to see and celebrate.

Q: What's been going better as parents? *Acknowledge and reinforce any learning points and congratulate any successes and new achievements.*

Q: What have you told a friend about what you've learnt?

Q: What has stayed with you the most since we last met?

Q: What difference has doing KM made to your family life?

Q: How would you rate your confidence now as a parent out of 10? (Where 10 is most confident and 0 is not at all confident)

Q: What values did you take from your family / parents that you still hold onto today?

What's next?

Let's look at the building blocks image which we used throughout our sessions

Q: What are you still struggling with?

(Write on different coloured post-it)

Q: What would you like a refresher of today?

(Let parents know you have copies of all the handouts and sessions)

Q: What is it about that you want to discuss?

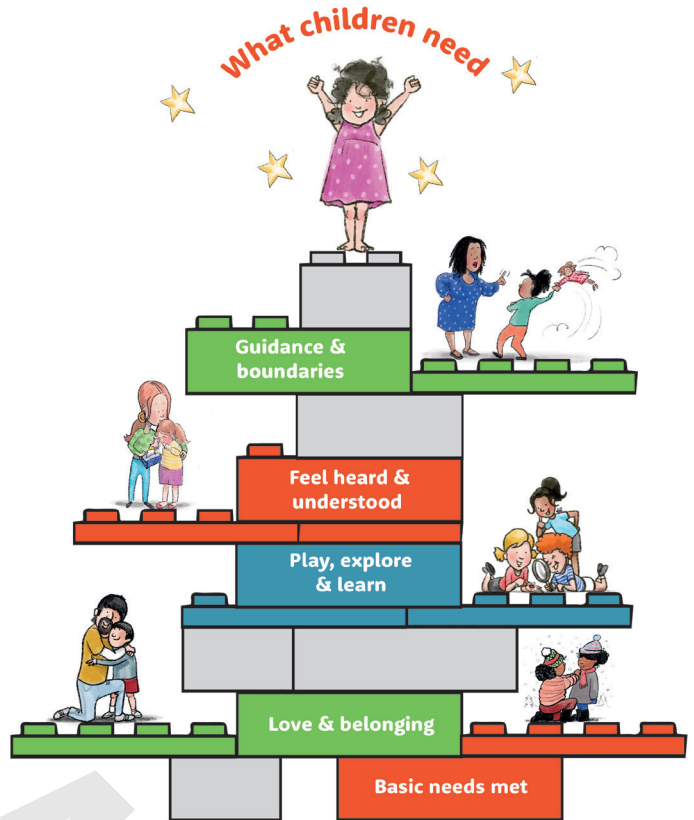
(Aim is to get parents to do most of the talking/teaching for each other)

After a few parents have answered, try to reflect back the different answers and agree which one to discuss. If there are multiple topics parents want to refresh, then agree an order and a time limit to do so.

Q: What can other people remember about.....?

(Allow for group discussion and only remind if there are any gaps)

Use this as a framework for refreshing information. Give handouts again if needed.



Finishing well

It has been great to see you all again here and to hear about all the progress that has been made! It is such an encouragement to us all that we can make things better for our families with a bit of attention to how we parent. However, it is still hard and we still have lots to learn! Let's not do it alone!

Signpost here to community events.

Encourage parents to keep meeting, supporting one another, keep trying with their new skills and ask for help when they need it.

Thank everyone for coming and congratulate each one personally on all they have contributed. Where possible, arrange to meet again to do something fun and informal.

At the end of the session:

- Encourage continued use of the WhatsApp group
- Offer food to them all to take away
- Don't rush off! Be available for anyone who wants to chat
- Write down any good quotes
- Send a message to anyone who didn't make the session