



Kids Matter Parenting Programme

What is Kids Matter?

Kids Matter is a charity with a vision to see every child in need to be raised in a strong family. Kids Matter engage local churches to equip parents and carers facing disadvantages with confidence, competence and community, through accessible and effective parenting programmes.

What does a Kids Matter parenting group look like?

- For mums, dads and carers of children aged 1-10
- Lasts for six weeks (with a taster session before and a booster session three months later)
- Small groups of 4-8 parents in the community
- Led by a trained peer facilitator
- No flipcharts or experts
- Free crèche provided
- Working together with our user-friendly and evidence-informed booklets
- Sitting together around coffee, tea and food

"The Kids Matter programme has been transformational for the families that have been part of it, and it is an integral part of our school community. When asked about Kids Matter, there was a chorus of: 'It saved my life, it saved our family.'"

Fiona Headteacher in Boston



The programme:

Taster session – *Come and see what it's like to be in a Kids Matter group*

Session 1 – *Building a strong family*

Session 2 – *Loving our children well*

Session 3 – *Play, encouragement and listening*

Session 4 – *Routines and rewards*

Session 5 – *Family rules and consequences*


Session 6 – *The bigger picture*

Booster session – *Checking in three months later*

"I'm not a confident person, but Kids Matter has helped me be more confident in myself; it's helped me to realise that I'm not on my own and it's made me feel stronger. There's a big difference in me, a lot of difference, and I'm a lot happier now. I want to do the programme all over again!"

Kerrie Kids Matter parent





"Kids Matter has been really enjoyable; the group has been welcoming and I've made some good friends. My son's got better at doing his teeth from sticker charts, and we fight less which has made things a lot better."

Richard Kids Matter parent

Impact from the programme

We are keen to ensure that our parents are more confident in their parenting and are able to improve their own well-being, as we know both of these are key to bringing about change in family functioning, parent-child relationship and consequently child behaviour. Our pre and post evaluation shows that parents improve in both parental confidence and parental well-being (to see all latest data visit kidsmatter.org.uk/impact).

In Session 6, all parents also complete a 'My Parenting Journey' survey which showed that:

99% say coming to a Kids Matter group has helped them

68% say they can listen and encourage better now

60% say they are playing with their children more

98% say they would recommend going to a Kids Matter group to a friend

How do I become a Community Link for Kids Matter?

There is no cost to your organisation and the lead facilitator will provide all the materials. All you need to do is personally invite the parents to attend the programme.

How do I get in touch?

To find out more or refer any parents contact: