



SESSION

6

The bigger picture

NAME:

CHECKLIST SESSION 6

The Bigger Picture

Pre-Session planning list

To do	To buy	To prepare	Kids Matter resources
<i>Reminder message to parents</i>	<i>Refreshments</i>	<i>Post-it notes and pen</i>	<i>Guest booklets (include extra copies of S1-5 for anyone who missed a session)</i>
<i>Double check room is booked</i>	<i>Flowers</i>	<i>Kettle, mugs, water, spoons, plastic cups, plates</i>	<i>Group & Crèche register</i>
<i>Certificates</i>		<i>Table cloth, napkins & tissues</i>	<i>Evaluation Links</i>
<i>Pray! And prompt others to pray for you</i>		<i>Community Support circles pg8</i>	<i>Certificates of completion</i>
<i>Crèche room and team booked</i>			

On the day:

- *Prepare tablecloth, food and flowers on the main table*
- *Tea and coffee on a separate table*
- *Offer a tea, coffee and water*
- *Record attendance and details of guests in accordance with your church/charity GDPR guidelines*

Remember: *Smile, be positive, be ready to share your good and bad experiences of parenting children of this age!*

My goals in facilitating this session:

- To highlight challenges and positive responses from Session 5
- Parent/carer identifies the values and traditions they have for their family
- Parent/carer knows who in their extended family and local community are in their support system
- Parent/carer thinks about how they can be supporting others
- The group starts to plan activities to do together
- Parent/carer recognises and celebrates where positive changes are happening in their parenting
- Complete evaluation forms



Review of Session 5

Ask the group what they remember of last week's session.

Last week we looked at family rules and consequences.

Q: How did you get on with your plan from last week?

This week we will think about 'What long-term hopes do we have for our children? What values and beliefs do we want to pass on and what traditions will help our family bond together?' This is a great opportunity to spend time reflecting on our hopes for our families.



The Bigger Picture

Q: What are our long-term hopes for our children? *Reassure parents everything we have done in Kids Matter together will be working towards these hopes.*

 **What are my hopes for my children?**



Helping our children grow up

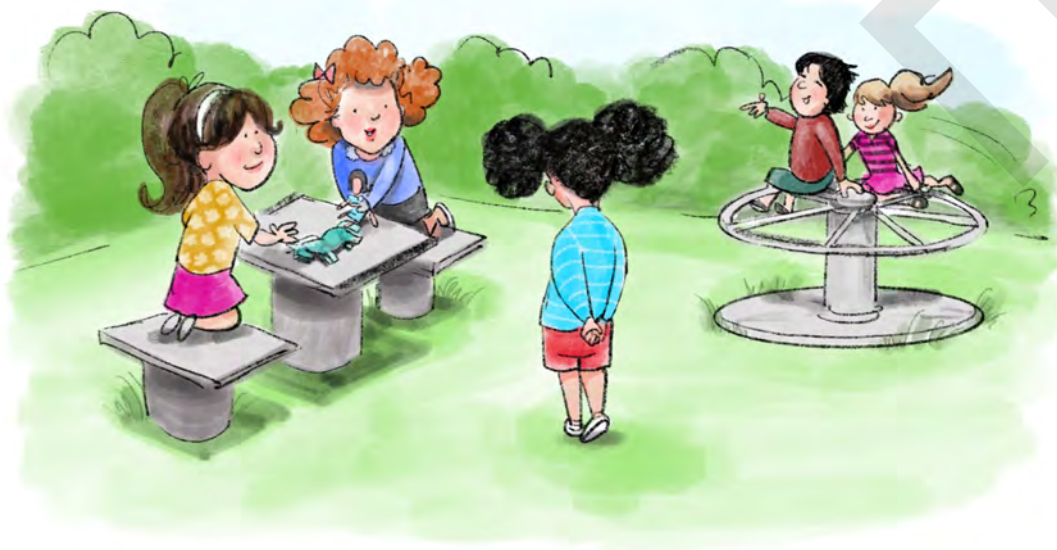
A key role for us as parents is to enable our children to increase their independence. Independence begins with small things like eating and getting dressed without help and eventually moves to bigger things like travelling to school alone. It can feel quicker, easier and safer to do things with or for our children but building appropriate independence is really important.

You could use the analogy of being connected to our children by elastic which stretches rather than string which can become tight and snap. (Refer parents to Stranger Danger information sheet on page 10 in guest booklet.)

Q: What are some of the ways in which we already allow our children to develop their independence?



The next steps I would like my child to take towards independence are: (E.g. Dress themselves)



Now we are going to think about how we pass on our values and beliefs to our children, as one of the ways in which we help them to feel secure.



Values and beliefs

Q: What values or beliefs were passed down to you as a child? How were these values passed down? *Share your own examples first.*

Our 'values' come from what we consider to be important in life. Every family is different and have different values that they want to pass on to their children. For example:

- Hospitality
- Respect for others
- Hard work
- Kindness
- Generosity
- Honesty

Knowing our values and our hopes for our children focuses our parenting choices and helps us guide them.

Children will be influenced by whatever culture surrounds them. When we are proactive in sharing and teaching our own values this will be a strong influence on our children. Our society has a rich diversity of cultures and backgrounds; teaching our children to be respectful of others whatever their beliefs is important.

Q: How can we equip our children to be respectful of others?

Controversial topics may arise here and parents may disagree. Your role is to guide the conversation towards how they can address any disconnect within their own families: we want to encourage them to take a lead in setting values for their children.

Guests can fill in this green box below if they would like to.



Values I would like to pass onto my children are:



Seeing our values in action

Q: What are some of the ways we demonstrate our values to our children? *(Draw out ideas of telling stories or modelling our values)* Children copy what they see us do, often more easily than doing what they are told to do. We can help our children to see our values in action by the way we live our own lives.

Hearing stories from our childhood can give children an important sense of belonging to a bigger family and culture; it's an opportunity to reinforce our values and beliefs.

Some topics that we feel strongly about can be tricky to discuss with our children, such as sex, drugs, alcohol and, money. Being open with our children about these issues will allow them to ask questions of us and enable us to share our values.

Q: How did your parents/carers speak to you about these topics when you were young?

Q: What conversations have you already had with your children about these issues? Are there any topics that you feel less confident in talking about?

Look at 'Safety Online' from Session 4 and 'Sex, drugs and alcohol,' at the back of this booklet.



When we are passing on our values about important issues such as drugs, alcohol, sexuality, faith, the future, we can do this **'little and often'** rather than in one big conversation or lecture.

- Equip our children with the facts
- Use day-to-day opportunities e.g. magazine articles, TV programmes, films and to start conversations
- Children want to know that they can talk about sex with their parents
- Attitudes to money are often determined by the examples our parents set to us

Equipping our children to have healthy and loving relationships as they grow up is important. Discussing big topics from an early age with appropriate language will allow open communication between us and our children, giving them confidence to keep talking to us and to develop healthy relationships with others. *Refer parents to the handouts at the back of the booklet on these hot topics.*

Guests can fill in the green boxes below if they would like to.



How can I pass on these values to my children?



How can I help my child be responsible with money?



Traditions

Let's talk about our traditions now.

Q: What's an example of a tradition?

Traditions are the acting out of our values and beliefs; they can be anything we do regularly – daily, weekly, monthly or yearly.

Traditions may include:

- Family trips
- Birthdays
- Christmas, Eid and other festivals
- Marking the seasons
- Weekly traditions
- Daily routines

Q: What traditions do you have in your family? Have you had to make any cross-cultural adjustments?

Q: What are the benefits of traditions? (*Aim to draw out some of these benefits.*)

Benefits of family traditions are:

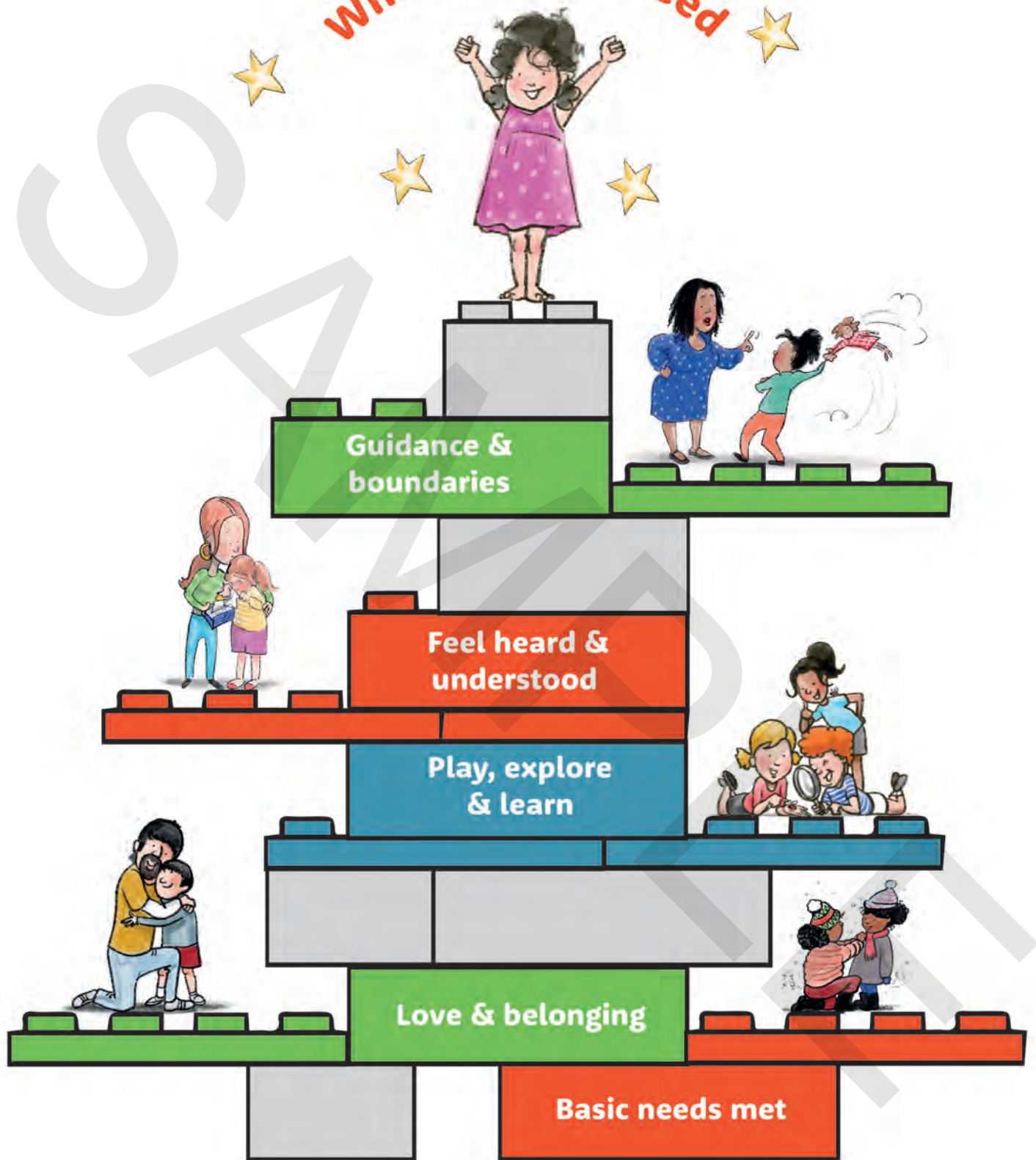
- Creating a family identity
- Helping our children feel they belong
- Reinforcing our values
- Helping our children to be more secure and better able to resist peer pressure when necessary

Faith traditions are part of some families' identity

- Explain the value of faith to children
- Find a place of worship
- Faith is more easily caught than taught
- Children have questions about God. What will we tell them?



What children need



Over the past 5 weeks we've looked at what children need to thrive and we've used the building blocks image to remind us of these keys points each week. [Let's recap the building blocks.](#)



Basic needs met

Children need to have their basic needs met to feel safe. It is also important to look after ourselves in order to be the best parents we can be for our children.

Q: [What have you done over the last 5 weeks for yourself that you enjoyed?](#)



Love & belonging

Seeing the good in our children and noticing their strengths helps them to build confidence and self-esteem.

Q: [Who has tried encouraging their children more? What difference have you seen in them?](#)



The 5 love languages: Kind words, one-to-one time, thoughtful presents, helpful actions, and affectionate touch, help us meet the need of our children to feel loved and feel they belong.

Q: [What love language have you enjoyed using with your children?](#)



Play, explore & learn

Play helps children to develop valuable skills. Experiencing different types of play every day encourages exploration and learning.

Q: [Who has tried a new play idea with their children?](#)



Feel heard & understood

Noticing and listening to our children shows that we value what they have to say and want to understand them. It shows we are interested in them.

Q: [What has helped you listen to your children more?](#)



Guidance & boundaries

Routines help children feel secure. They help keep family life predictable, calm and organised.

Q: [Who has tried a new routine?](#)

Rewards are a good way of encouraging new behaviours or getting children to try difficult but necessary activities for the first time. Rewards are different to bribes!

The five building blocks we've looked at give us tools to strengthen the relationship we have with our children. When we use these tools, we can help our children build resilience and give them the chance to be the best they can be.



Community Support

When we leave here, we want to continue practising the skills we have learnt and that can be HARD. We need the support of others to do it, to cheer us on and be there for us when things aren't going so well. We can support and cheer others on as well!

(Fill in your circle in advance with your own examples of where you support and receive support from your community.)

In Session 1 we looked at who supports us.

Q: Who can you turn to for support if you need it?

Let's write down in the inside circle who those key people are.

Now let's look at who WE might support and write those in the outer circle.

Q: Who are you already supporting in your community? E.g. Taking your friends' children to school.

Q: Are there other ways that you could help or support people in your community?

Who could I support?

Who supports me?

Encourage them to become more involved in the local community, and invite them to church activities if possible.

Q: Are there any professionals you may need help from?

If you have health, social or educational professionals working with you and your family, here are some ideas to help those relationships go smoothly.

- Know who they are and work together with them for your child's benefit
- Bring a friend/relative/translator to any difficult meeting
- Take notes at any meeting so you can remember what was said or ask for a summary
- Explain the situation to your child in a sensitive, age-appropriate way
- Build positive relationships with key people in your child's life

Evaluations...

*As we are almost at the end of our last session it is time to fill in the **post-programme evaluation forms** that have the same questions as the ones from Session 1 and help us think about what has improved or changed over the 6 weeks. Completing these forms is our way of helping Kids Matter measure if the programme is successful at improving parental confidence and well being.*

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. 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 (this is Session 6), then fill out your name and postcode and answer all the questions and 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 2 days and send a group reminder after this point if anyone hasn't completed the form.*

Thank you so much for doing that – we will do the same forms again when we meet for our Booster.

Now let's sum up what we've covered today.



Summing up...

We have looked at:

- Developing a strong family life and the importance of taking care of ourselves too
- What our children need and how we can express love to them
- Play, encouragement and listening
- Routines and rewards
- Family rules and consequences
- Values and traditions

The topics we have looked at give us tools for how we can be warm and firm in our parenting and help our children to be their best.

Let's review our Hopes from Session 1: Have they been met?

I would love to hear from each of you what you are taking away from Kids Matter as well as anything that could have been better. Would it be okay for me to **video** each of us all answering that for our social media? *(Make sure you have consent from everyone before you film.)*

Thank you! Let's write down three new parenting goals to aim for before we meet again *(not optional.)*



Can I set myself 3 new parenting goals?

1.....
2.....
3.....

What new skills will I use to keep going even when it's hard?

*When everyone has finished, ask if anyone has anything else they would like to say or ask and then hand out **certificates of completion** and congratulate them on working so hard for the duration of the programme! Capture any encouraging/positive comments from the guests on post-it notes.*

As you give out certificates of completion, try and say something genuine and positive that you noticed about them over the duration of the programme.

At the end of the session:

- *Look at Top Tips*
- *Make sure you have everyone's phone numbers, so that you can be in touch about getting together again in a few weeks for something social and then in 3 months for the Booster session*
- *Thank them for their contribution over the programme*
- *Offer food to them all to take away*
- *Don't rush off! Be available for anyone who wants to chat*

After the session:

- *Write down any good quotes*
- *Send messages to anyone who didn't make the session*
- *Fill in the portal on Beacon and send to your Support Coach*
- *Any stories/quotes*
- *Videos/photos of the group*



Stranger Danger

BASIC STRANGER DANGER RULES
YOUR CHILD SHOULD KNOW



Remember the Yell, Run, Tell rule

It's okay to run and scream if you find yourself in danger. Get away from the source of danger as fast as you can.

- Never accept gifts or sweets from a stranger.
- Never accept a lift in a car from a stranger.
- Never go anywhere with a stranger.
- Never go off on your own without telling a parent or trusted adult.
- Always tell a trusted adult if you have been approached by a stranger.
- Remember the **Yell, Run, Tell rule** - it's okay to run and scream if you find yourself in danger. Get away from the source of danger as fast as you can.
- If you find yourself in danger always run towards shops or other busy places with lots of people.
- Never play in dark or lonely places.
- Stay with your group of friends - never wander off on your own.
- Make sure your parents know where you are going and when you will be back. If your plans change be sure to tell your parents.
- Have a family codeword. Parents, tell your child that if anyone tries to collect them from school or anywhere else - including someone they know - that person must tell them the codeword. If they don't know the codeword, your child should not get into the car.
- Always tell your parent if anyone - **including someone you know** - touches you in a confusing or frightening way.
- No-one - including friends or family - should ever ask you to keep kisses, cuddles or touches secret.



KEEPING OUR CHILDREN SAFE

Talking to them about sex, drugs and alcohol

Being able to talk and listen to our children about all of these topics is the best way to keep them safe. If we aren't part of their learning process, they will be influenced by the school playground, the media, their friends and that can lead to a confusing, and sometimes frightening, version of events.

Here are some tips and websites to get you started...

Sex

- Talk to children about sex from a young age, in an age-appropriate way – giving biological facts.
- Remain calm – if our children know that they can ask us questions and have a helpful response, they will keep asking. If we become embarrassed or even angry, they will not want to talk to us about sex.
- Talk to them about sex 'little and often' not in one intense conversation! Children will ask questions at different times; there is no need to give full details straight away, just the information they are interested in.
- Talk when you're doing something else – to make the subject normal, not weird or intense.
- Get some books or use a good website – looking at these together can help to get you started.
- Be prepared for those awkward or inappropriate moments. Instead of shutting down questions when out and about, you could say: 'That's a good question, let's talk about it when we get home.'

Useful websites:

<http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>

<http://www.focusonthefamily.com/parenting/schoolage-children/talking-about-sex-and-puberty>

www.bishuk.com - a website for teenagers aged 14+, with lots of information for parents on a range of issues of sexuality: e.g. pornography, masturbation, homosexuality

Pornography

Mainstream, online pornography is easily accessible by children from an early age these days with more and more children having smart phones. Coming across pornography could be accidental or intentional. For many young people, pornography has become a way of finding out about sex, which is concerning as it can increase the risk of developing:

- Unrealistic and distorted expectations about sex and consent
- A shift in sexual interests by exposure to range of sexual practices
- More negative attitudes about roles and identities in relationships
- Unrealistic expectations of body image and performance
- Change in sexual behaviour
- An increase in sexual preoccupation and compulsive watching

Useful websites

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/online-pornography-keep-child-safe.pdf>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-porn/>

Drugs

- Talk with your children about drugs. Explain how taking drugs can hurt their health, their friends and family, and their future. Tell them you don't want them to do drugs. (Research shows that when parents tell their children that they don't want them to do drugs, their children are less likely to do drugs.)
- Be a part of their lives. Show them that you are interested in them by spending time with them.
- Know where your children are and what they're doing. Keeping track of your children helps you protect them. It gives them fewer chances to get into drugs.
- Be a good example for your children. You might not think so, but kids look up to their parents. Show them how you get along with people and deal with stress, so they can learn how to do it.
- Encourage your child to tell you if they've ever been offered drugs. Listen calmly, and non-judgementally.
- Teach your children how to refuse drugs. Children often do drugs just to fit in with others.
- Make your home safe. Do not have people in the house who abuse drugs and alcohol. Keep track of medicines and cleaning products.
- Be aware of the signs of drug use. These involve changes in appearance, changes in eating and sleeping habits, moodiness and a lack of openness. Friendships could change too. Of course, many teenagers who aren't taking drugs also go through these changes, so be careful before jumping to conclusions.

Useful websites:

<https://easyread.drugabuse.gov/content/help-children-and-teens-stay-drug-free>

http://www.bbc.co.uk/schools/parents/keeping_your_child_safe/

Keeping your child safe from drugs and knives

If you suspect or know your child is taking drugs, you can call the Talk to Frank helpline on 0800 776600 or go to www.talktofrank.com

<https://www.drugabuse.gov/family-checkup>

This website has lots of useful suggestions of how to talk with our children (particularly pre-teens and teenagers) about drugs

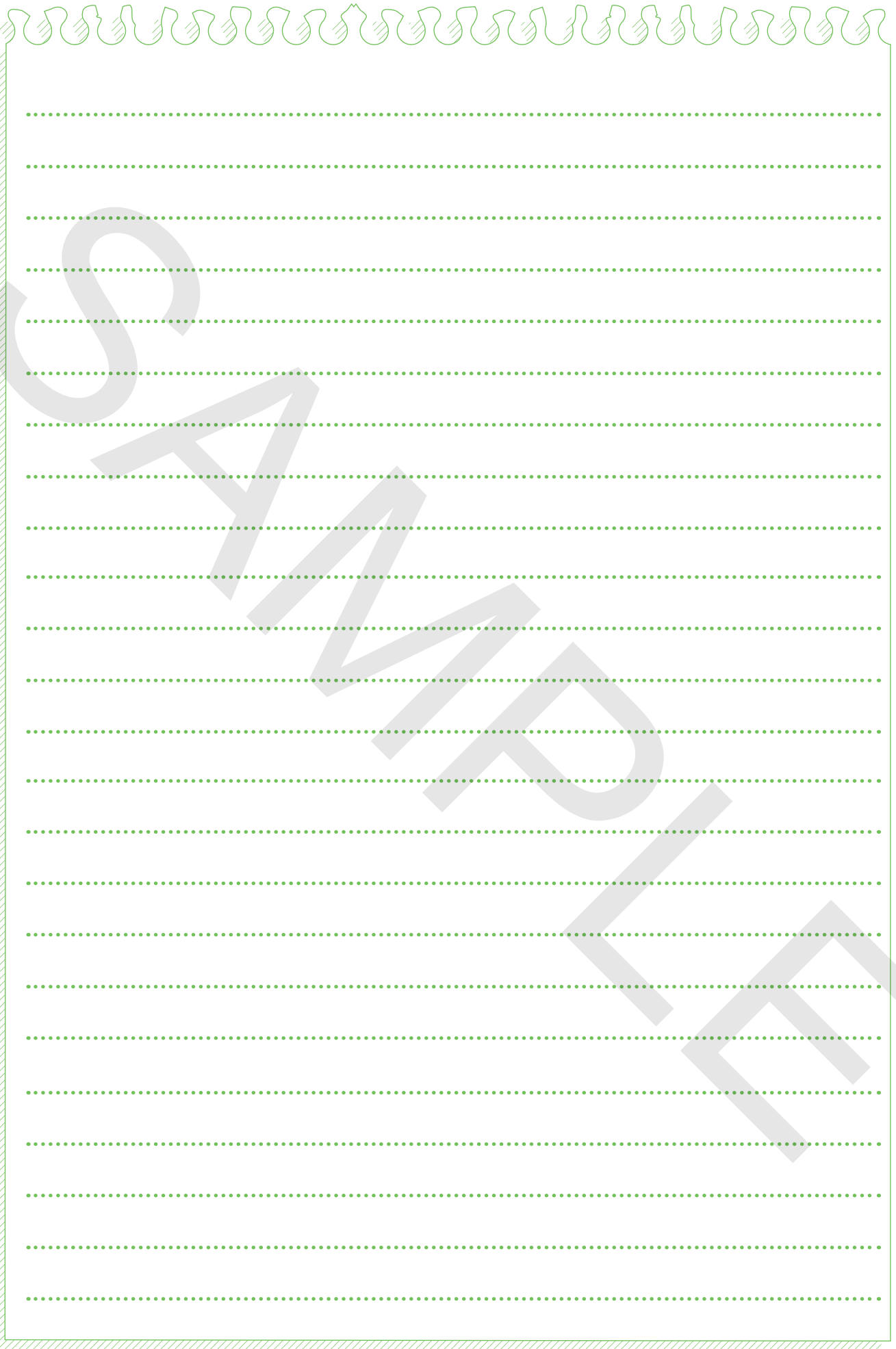
Alcohol

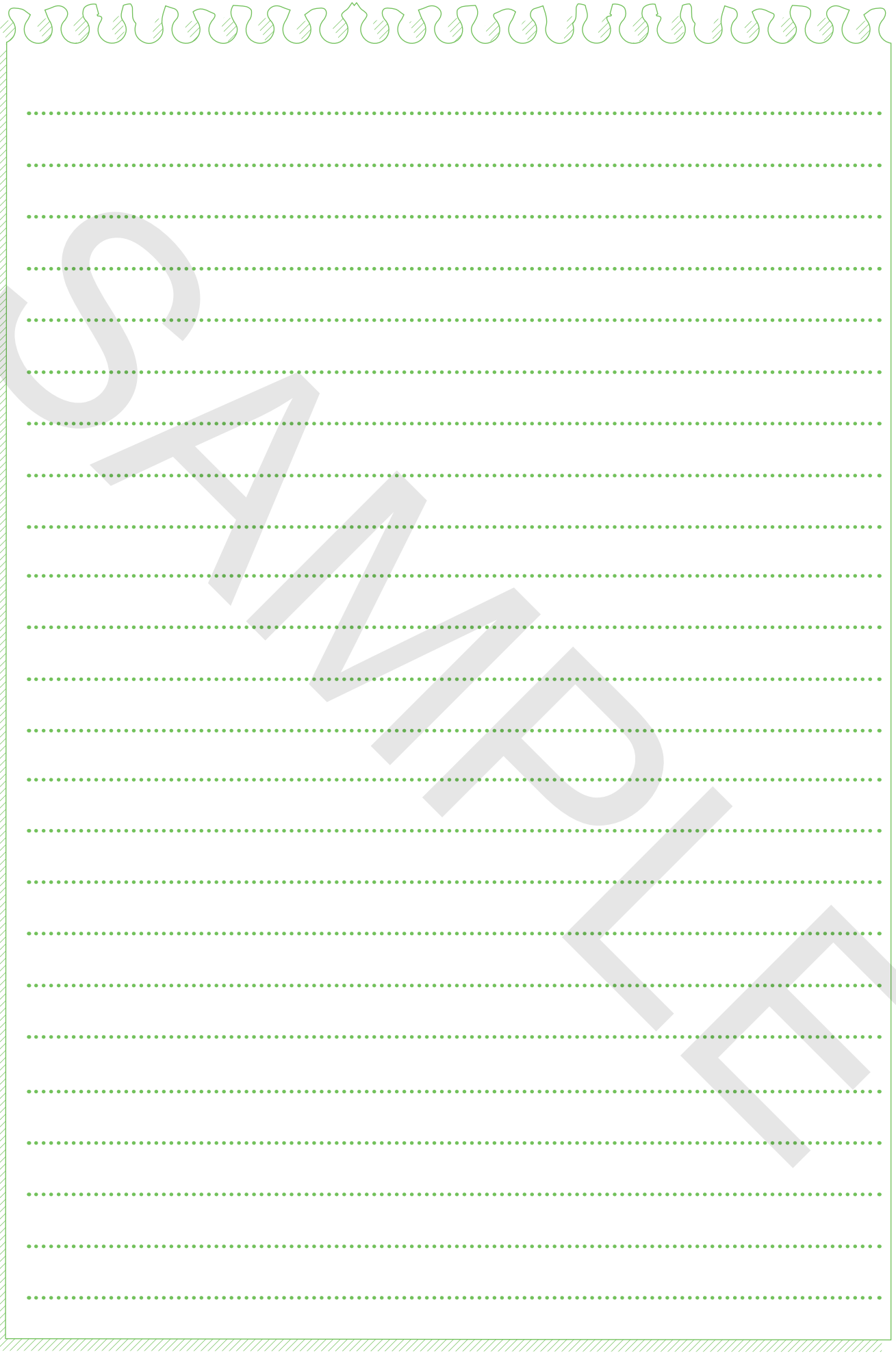
- Answer their questions (e.g. What does alcohol taste like, what does it make you feel like) without making it sound like something brilliant or something awful.
- Talk about alcohol while they are still young so that you can help them form their attitude towards it from a healthy perspective, rather than just from their peers.
- Use media, music, other people, to help them think about their own response e.g. If watching someone drink too much in a film, ask 'Why do you think they are doing that?'
- Be honest about your own experiences.
- Set rules – the Chief Medical Officer for England says you shouldn't drink any alcohol at all before the age of 15, and after that only very occasionally, otherwise it may affect your development.
- Talk about the effects of alcohol abuse – explain the difference between drinking in moderation, and abusing alcohol.

Useful websites:

<https://www.drinkaware.co.uk/advice/underage-drinking/how-to-talk-about-alcohol/>

<https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/how-to-keep-your-children-safe/>
(for parents of teens and pre-teens)







Values and beliefs



I have an important part to play in sharing my values and beliefs with my children.

Be ready to talk to my children, from an early age, about important issues like drugs, alcohol, sexuality, faith.

I need to be ahead of the chatter and internet and teach my children my values and beliefs.

Equip my children with facts.

Let my children ask questions in the safety of our family.



My community

What is out there for me?
What local groups can I join?
Who can I be a support to?

STAY CONNECTED!



Developing family traditions can help:

- Create a family identity
- Create a sense of belonging
- Reinforce values
- My children be more secure and better able to resist peer pressure when necessary



Annual traditions

E.g. Family trips, other festivals
weekly traditions & daily routines

