



Kids Matter: Taster Session

Welcome (20 minutes)

Informal chat and introducing parents to one another.

Introduction (5 minutes)

Introduce yourself and then give a brief outline of Kids Matter and who the programme is for. Remind guests that it's free but works on the basis that people commit to come each week to maintain the group dynamic. Explain that Kids Matter loves feedback and we use digital evaluations to measure if the programme is successful at improving parental confidence and well-being.

Q: Ask each person to tell the group the number, age and sex of their children.

(Make a picture on a large piece of paper with stick people representing each family, so that you have a visual reminder.)

Icebreaker (10 minutes)

Each person picks a number and you read aloud the question and the guest answers it. Go first to set the tone - fun and light.

1. How would a good friend describe you?	9. What's your favourite meal of the day and why?
2. How would you spend an hour that you had all to yourself?	10. What's the best present someone has given you?
3. What is your favourite film/box set?	11. What was your favourite toy as a child?
4. If you could go anywhere on holiday where would it be?	12. What makes you laugh?
5. What was your favourite subject at school?	13. What is your favourite cake?
6. What is your favourite item of clothing?	14. Do you prefer chocolate or crisps?
7. What's your favourite season of the year and why?	15. What's the funniest thing you've seen online recently?
8. What are you grateful for?	16. What do you wish someone taught you a long time ago?

Explain the programme (5 mins)

Kids Matter offers us the opportunity to take the time to think about our parenting. We will look at what we do well, what we struggle with, and share our positive experiences and difficulties. Encouraging and learning from each other is central to Kids Matter; as parents and carers we have so much experience to share!

The programme also provides information about local resources and local groups we know about and aims to build contacts in the community.

Broad outline of the programme (5 mins)

- Family, who is in it and what is it for
- What our children need and how we can express love to them
- Play/encouragement and listening
- Rewards/routines
- Family rules and consequences
- Values/traditions

Activity (15 mins)

To give us all an idea of how we approach different parenting topics during the programme, let's spend a few minutes thinking about encouragement and how we encourage our children. Finding our children doing things or trying to do things right is a great habit to get into.

Q: Can you think of the last time someone encouraged you? What did it feel like? *Celebrate each example. If someone can't think of a recent time of being encouraged draw out how that feels.*

With all the pressures of being a parent, it is easy to find ourselves telling our children what to do, telling them off when they don't do things or do the wrong things and missing what they are doing well.

Go round the group, asking them to answer: What does each of your children do well or try hard at?

Q: How can we encourage our children in these things?

Talk about phrases we can use - specific, person-focused e.g. 'I really enjoy playing with you', 'I love how you managed to put on your own socks', 'I noticed how you shared your lego with your brother'

Our words matter. Research shows our children thrive when they hear lots more positive comments than negative ones. If we notice and describe a child's positive behaviour, this encourages them to do it again.

We will do our best to give everyone a chance to share and speak, and to share honestly ourselves about our experiences. Confidentiality is essential for the group and we encourage each other to remember that each week, so that we know information about our families/children is not spoken of outside of the group.

Any questions about the programme? Concerns? (5 mins)

We really hope you will join us for the next 6 weeks.

Thank you for coming!

- *Confirm dates and times of Session 1*
- *Take contact details in line with your church/charity GDPR guidelines and ask permission to contact and send reminders before Session 1*