



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

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.

Activity (15 mins)

Meeting all our children's needs can be tough and we can face plenty of pressures and stresses. Pressures come from all sorts of places. They can be things which impact our levels of energy or patience or distract us with worries and concerns.

Q: What pressures do we face as parents?

Collate answers on a piece of paper.

Aim to draw out things like these: Money (be specific so you get things like bills, food, uniform, presents etc), family, chores, mental health, employment, physical health, isolation.

Q: How might these pressures affect us and how we are as parents?

Q: How might these pressures on us as parents affect our children?

When we are under pressure, whatever the reason, we can have less patience and more conflict with others in the family.

Q: What can we do about these pressures? *Try and gather multiple suggestions.*

Look at each of the pressures and think about these questions:

Q: Is it within my control?

Q: What help is available?

Now let's look at what things give us the resilience or energy to deal with the pressures.

Q: What things help? When do we feel better?

Q: What does it mean to look after ourselves?

Time with friends, exercise, music, toddler group, school resources etc.

Imagine yourself as a jug of water with the water representing our energy and resilience and ability to cope with life. All these pressures we've named can use up our 'water' and can drain our energy and ability to cope. We can try and reduce the impact of the pressures by seeking help and support but we can also keep ourselves 'topped up' by looking after ourselves and doing things which build our energy and resilience. *(This can be done as a real life illustration - use a jug and a selection of cups that you can label with different stresses and pour different amounts of water into the cups.)*

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*