



# Information Service

## Parents Plus (Children)

### What is Parents Plus (Children)?

Parents Plus Children is a 9 week parenting course for the parents and carers of children aged 6-11. The course runs regularly throughout the year at venues around South Gloucestershire.



## What is covered on Parents Plus Children?

Over the 9 weeks of the Parents Plus Children course the following key topics are covered.

- How to solve parenting problems in a positive way that helps children learn
- How to manage difficult behaviour and discipline problems
- How to help children be more cooperative and to learn to keep rules
- How to help children learn and to reach their full potential at school

## How is the course run?

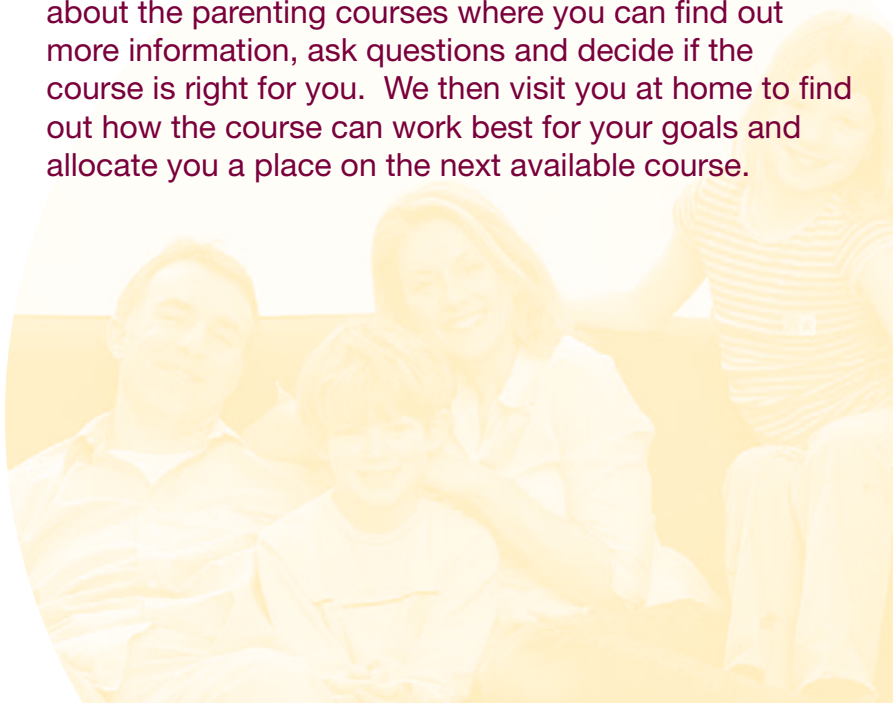
The Parents Plus Children course is run by the Parenting Consultancy Service. Each course is delivered by 2 facilitators who are experienced in working with children and their parents and families.

Courses are run in groups of up to 12 parents and carers. Each session lasts for 2.5 hours with a short coffee break in the middle. Ideas are shared through a mixture of discussion, group activities and watching DVDs. Each week group members will be given notes to take home and things to practice with their children.

## What do I do if I'm interested?

You can contact the Parenting Consultancy Service directly by any of the methods on the back of the leaflet.

We will then invite you to the next information session about the parenting courses where you can find out more information, ask questions and decide if the course is right for you. We then visit you at home to find out how the course can work best for your goals and allocate you a place on the next available course.



## Where can I find further information?

Please contact the

**Children & Young People Information Service on  
01454 868008**

or South Gloucestershire Council's website

**[www.southglos.gov.uk](http://www.southglos.gov.uk)**

or 1 Big Database

**[www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)**

or The Parenting Consultancy Service

**01454 866051**

**[parenting.courses@southglos.gov.uk](mailto:parenting.courses@southglos.gov.uk)**

This information is also available in other languages, in large print, Braille or on audio tape. Please phone **01454 868008** if you need any of these, or any other help to access Council services.

