



## ***Empowering parents and carers as change agents in their own families***

This gentle parent/carer programme uses a play-based approach to share family-friendly research on how children reach their full potential in all areas of life including school performance, family and peer relationships, emotional wellbeing and positive behaviour.

Aimed at parents/carers who may be feeling frustrated or overwhelmed and want a better quality of family life with their children (aged 3-15 years).

Group (max 6) or one-to-one formats are available. This 10-step programme is delivered in one hour sessions over either a short 6 week or standard 10 week duration.

### **10-steps to a happier family:**

**Steps 1-4:** Explore the importance of attachment security and practice three key skills to use at home with your child. Create a fun low-cost mini play or activity kit to suit your child.

**Steps 5-8:** Enjoy the latest science on child development including how to help children meet their full potential and make helpful behaviour choices. Also begin short weekly "You and Me" time at home with your child using the three skills and the mini-kit.

**Step 9:** Expand new knowledge into problematic areas of family life and foster a family home built on love and respect. Continue home play/activity times for six more weeks with phone/email support from practitioner.

**Step 10:** Final review meeting and future-focused strategies. Enjoy parenthood moving forwards!

**Please contact Claire to make a referral via:**

**[dreamcatcherplaytherapy@gmail.com](mailto:dreamcatcherplaytherapy@gmail.com)**

