



Parents Participating Confidently

Why should I take part?

It is very important that parents are involved in the planning of services for children. Agencies are now involving parents at all stages. This could include consulting with a group of parents or parents being part of a group of different professionals. This course aims to help strengthen your knowledge and skills to be able to feel confident in participation.

What will I learn?

- What is meant by the word 'Participation'
- What the specific activities are that this might involve
- How to identify the barriers that might make taking part difficult
- New communication skills to enable you to feel confident when expressing your views
- Tips and strategies for coping with difficult situations.

How will I learn?

- In a comfortable and informal setting
- By doing activities and having discussions
- By having fun
- By receiving and giving information.

What will I be able to do at the end of the course?

- Understand the different types of participation
- Use the skills you have learnt to prepare for meetings effectively
- Feel confident to give your views
- Be able to express or challenge a different view confidently and positively.