

Course title: Confident Parent, Confident Child Virtual Course through Zoom	
Course duration: 8 hours 2 hours x 4 weeks	Learner group: Mother, fathers and carers of children.
This course is designed to: Help learners recognise the difference between passive, aggressive and assertive behaviours and learn how to become more assertive as well as build their children's confidence. Parenting courses are not interventions and the tutor will not tell parents "how it's done", rather they are discussion-based with time to share experiences, ideas, concerns and possible solutions.	
Content will include all/some of the following: Tutors will facilitate and encourage discussion in a secure environment, the expectations and concerns of the learners will be used to inform the planning and content of the course to meet learners' needs. <ul style="list-style-type: none"> • Discuss the difference between passive, aggressive and assertive behaviours. • Ideas for becoming more assertive and building self-confidence • How to say NO when necessary. • How to accept praise and respond to compliments. • How to deal with criticism. • Ideas for building the child's self-esteem and confidence. 	
What learners will need to bring to the session: Laptop, tablet or Smart phone with the Zoom app installed. There is no subscription required. Pen and paper.	
Other requirements: Group size: max 8 adults, no children. The learners will be contacted prior to the session to complete an enrolment form over the phone, and to receive instructions about the link to enter the online session.	Progression: FEML (Family English, Maths and Language) courses. There may be the opportunity to progress onto an accredited course such as: <ul style="list-style-type: none"> - Child care - Parents to be and Parenting Please ask the Partnership Manager or Curriculum Leader for details.