

Parents have made these comments about the SFSC Programme...

"My relationship with my children is much better now and I understand them better"

"I appreciate my children more now"

"We don't have so many arguments in our house now"

"This programme has been an inspiration and I will tell other parents about it"

"The programme has taught me to value the strength of my own upbringing. I enjoyed the relaxed atmosphere where I could share problems and realise I wasn't alone with them"

"I have learnt to help my daughter with her confidence and self esteem. I appreciate the community around us more and we have joined in with more stuff"

For more information and/or a registration form please contact:

Canterbury & District Early Years Project

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Canterbury & District Early Years Project

also provides the following programmes, courses & services:

- Strengthening Families Strengthening Communities
- Solihull Group • Speakeasy • Crèche Bank
- Holiday Activities • Community Events
- Incredible Years • Incredible Babies
- Baby Explorers • Infant Massage
- Family Play Sessions
- Family Learning

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Strengthening Families, Strengthening Communities

A parenting programme for parents and carers of children & young people aged 3-18

strengthening families
strengthening communities

01227 786420

www.canterburydeyp.org.uk



How will I benefit from the programme?

The programme will help you gain more confidence and knowledge to talk with your child about growing up.

How many sessions are there and how long is each one?

The programme consists of six sessions and each one will last for just under two hours.

Who will be facilitating the sessions and is it essential to attend every one?

Two experienced facilitators will be at every session and to gain the maximum benefit from the programme, it is best if parents/ carers attend all sessions.

Sessions will include...

- Talking positively about relationships and sex with your child according to their age and level of understanding
- Understanding all the changes children experience during puberty
- Understanding how to help children deal with pressure from media and advertising
- Up to date information on contraception and sexually transmitted infections
- Know how and what is taught in schools about sex education
- Preparation for questions and discussions your child and you are likely to have, including looking at a range of books, leaflets and materials available.



Will there be a crèche?

- A crèche will be provided for any babies and pre-school children of parents attending

Where will the programme take place?

The programme is provided in a range of Community venues across the Canterbury District.



Certificates will be presented on completion of the programme.