

STOP Programme

The STOP programme is a 10 week parenting skills programme for parents and carers of young people aged 10 – 17 years. The programme aims to help parents to learn very practical strategies to deal with challenging behaviours as well as looking at how their own parenting affects the way they parent.



The next STOP Programme that will be held:

At: The Phoenix Centre, 26, Malling Street, Lewes (By Harvey's Brewery)
From: 23 September 2010 to 16th December 2010
Times: 9.30am to 11.30am
Sessions: Introductory session followed by 9 further sessions

The sessions will be facilitated by Danielle Price, Extended Services & LPC Co-ordinator, Ringmer Community College and Paul Telford, Behaviour Support Mentor, Secondary Behaviour & Attendance Service.

The programme aims to support parent/carers to;

- Obtain a greater understanding about the development process of their teenage child
- To have a greater awareness of listening skills
- To have a greater awareness of encouragement and praise skills
- To provide practical strategies to use with their teenager
- To become more effective in dealing with confrontations with their teenager
- To have more realistic expectations of themselves as a parent
- To have a greater awareness of the peer influences of their teenagers

For further information please contact:

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STOP Programme dates (September to December 2010)

The Phoenix Centre, 26, Malling Street, Lewes (By Harvey's Brewery)

23 rd September 2010	Introduction	Overview of the programme
30 th September 2010	Session 1	Making the change
7 th October 2010	Session 2	Miss the hook
14 th October 2010	Session 3	Listening
21 st October 2010	NO SESSION	
28 th October 2010	NO SESSION	
4 th November 2010	Session 4	Praise & Encouragement
11 th November 2010	Session 5	Problem solving
18 th November 2010	Session 6	Setting the limits
25 th November 2010	Session 7	Living as a parent
9 th December 2010	Session 8	Putting it all together
16 th December 2010	Session 9	Sexual Health & Relationships and Drug's what do you need to know?