

How to get in touch and find out more

Find us on Facebook: Isle of Wight Family Centres

Email us: iowfamilycentres@barnardos.org.uk

Call us: 01983 529208 / 617617 / 408718

www.isleofwightfamilycentres.org.uk

<https://families.barnardos.org.uk/>



Isle of Wight Family Centre Services

Who's in Charge?



Information for parents and carers

Who's in Charge?

A 9 week child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control.

This course is online and in Family Centres and is for parents and carers of children 8 years and over.

The group aims to:

- Provide a supportive environment to share experiences and ideas
- Reducing the blame, guilt and shame that parents may feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed



What is covered in the course?

- Pre-arranged one-to-one session to complete pre-group questionnaire
- Session 1 Introductions and genograms
- Session 2 Cause and influences of abusive behaviour
- Session 3 What is abuse?
- Session 4 What can I control in my child's life?
- Session 5 Consequences
- Session 6 Anger and breaking the myths of anger
- Session 7 Assertiveness
- Session 8 Self-care, future goal setting and evaluation
- Session 9 Two month follow up on goal achievement, evaluation and further goals.

