

EMPOWERING PARENTS EMPOWERING COMMUNITIES

The 'Being a Parent' Course

What is EPEC?

Empowering Parents
Empowering Communities is a
free, volunteer-led, evidence-
based parenting programme



Each session is delivered
by two Parent Group
Leaders (PGLs) who have
received 60 hours of
training to deliver EPEC
courses

Our sessions empower parents to share experiences,
learn new skills and practice these alongside other
parents

Who is it suitable for?

Any parents or carers of
children aged over 2 and
under 12 years are welcome
to join



Our course offers an early, low-
level intervention, empowering
parents to improve
communication, behaviour
management, family dynamics
and parent-child relationships



Parents are supported and encouraged to try new
parenting techniques each week and share the
outcomes with other parents

Course Content

Welcome Week

- Getting to know each other

1. Being a Parent

- Self Care
- Good enough vs Perfect Parent

2. Feelings

- Expressing, acknowledging and accepting feelings

3. Play

- Child-led play

4. Valuing my child

- Avoiding labels
- Descriptive praise

5. Understanding behaviour

- Behaviour behind needs

6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no

7. Listening

- Reflective listening
- Open vs closed questions

8. Review and Support

- Reviewing content



Upcoming Courses

We have an upcoming evening, virtual (via MS Teams)
Being a Parent course:

Every Monday evening from 7.30-9.30pm

Beginning on 9th January 2023 until
13th March

There will be no session in half term

To sign up, message alice.lavender@nottsc.gov.uk



What Next?

After completing the course you may want to train to
become a volunteer Parent Group Leader yourself
and deliver the 'Being a Parent' course to parents
just like you!

