The Families Feeling Safe programme

For Dads

Supporting your child’s emotional wellbeing, linking feelings, thoughts and behaviour and having strategies for feeling safe.
Are you looking for some strategies and new ideas to help improve family life?

The Families Feeling Safe Programme for Dads

The Families Feeling Safe programme runs for 9 weeks with one follow on session. The weekly sessions are 2 hours and every Dad receives their own workbook with ideas to try at home.

It’s a practical and down to earth programme for dads and male carers of children and teenagers aged between 0-19 years old.

The Families Feeling Safe programme can help to:

- Build self-esteem and confidence
- Recognise Early Warning Signs
- Understand the link between Feelings, Thoughts and Behaviour
- Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- Understand what may be influencing your child’s behaviour
- Improve communication with your child and others
- Improve emotional well-being
- Develop strategies for feeling safe and problem-solving skills to use in a range of situations

What it’s about...

- Helping you find what will work for you and your child
- Getting involved, trying new ideas
- Building on your strengths as a dad
- Creating a safe space to talk with other dads
- Being valued and supported

and what it’s not about...

- Being told what to do
- Sitting and just listening
- Finding fault or criticism
- Having to talk about personal stuff
- Being a perfect parent!

SESSIONS COVER:

FEELING SAFE
THE LINK BETWEEN FEELINGS, THOUGHTS & BEHAVIOUR
BUILDING A SUPPORT NETWORK
UNWRITTEN RULES
COMMUNICATION
PROBLEM-SOLVING
STAYING IN CONTROL AND MAKING SAFE CHOICES

What other Dads have said about the programme...

“I’ve got a whole set of approaches and practical ways to understand family life and Me!”

“The most helpful part of the programme is knowing that I’m not alone. I understand Feelings, Thoughts and Behaviours from a child’s perspective”

“I’ve been given the tools to be a calmer and more loving father”

“I thoroughly enjoyed it and found it all useful and practical. I’ve told others how positive the course has been and how much more confident I feel in myself and my ability to parent. It’s given me practical strategies to try out with my children and I’ve had such a positive outcome from discussing feelings with them”

“Great to be with other Dads”

“I wish I’d done this sooner!”

“The course has been amazing and the facilitator so knowledgeable in everything linked to child development. I wish the course was longer!”

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