

In our training we help people learn the **I Matter Framework**. This draws together well-evidenced psychological ideas and research about stress, child development, brain development and the adult role into a very practical whole. Training and coaching in the I Matter Framework helps parents and professionals develop their understanding and confidence and supports improved relationships.

Dr Cathy Betoine is a practicing clinical psychologist, an experienced teacher, and a parent with over 25 years experience working with school and home settings. She has inside understanding of the needs of professionals and parents who live and work with children with complex social-emotional needs.

What professionals and parents say: *'The course has helped me at with my children at work and also at home. I am better able to understand why they react the way they do and am better at recognising signs of stress. I have enjoyed being able to fit the online course in around my home life and work'.*

How to take part in I Matter Training:

1. Take a look at www.imattertraining.com
2. Where possible, speak to your Link or Lead professional
3. Contact us on www.imattertraining.com/contact-us
4. We will advise you on next steps



Adult-Child Well-Being 'I Matter' Training for Parents

You never thought it could be so interesting!



Do you need some guidance? We can help!

School, Home and Community working together to help young people – you can make a difference!

Which Applies? (circle as appropriate)

- Do you have a concern about your child? **YES**
Are you someone who wants to learn what YOU can do? **YES**
Are you willing to spend some time studying online? **YES**
Do you have a supportive professional or family member? **YES**

If you scored 4/4, there is some good news:

Modern psychology is changing our understanding of parenting and caring and the adult role. Now we know:

- i) That parenting is very important for brain development
- ii) That a child who is having difficulties can be helped when adults develop new understanding and skills
- iii) That adults manage with more confidence when they can talk with others, care for their own well-being, and get support
- iv) That it is never too late to make a difference
- v) That studying while you are parenting or caring can improve your confidence and this helps your child!

The I Matter Project offers training for all parents and professionals. It is particularly important when adults or children are showing struggling but it can be useful just to help you understand your role better. A child may have diagnoses such as ASD or ADHD or no diagnosis. Our central concern is about helping you reduce stress and improve relationships at home. As you stick with the learning, we have seen that your understanding and confidence grows and then relationships also deepen and improve (Checked Jan 2019)

How does the training work?

At the I Matter Project, we know that if you are caring for a child or family member who is struggling, it is important to take a long view. One-off trainings are rarely quite enough – but YOU have a key role to play. So we have developed a structured process that can help you develop your understanding and skills over a much longer period and helps you set clear goals to focus on over time. The training helps you develop a shared language with others at home or at school.

What are the I Matter Training Steps?

I Matter Training is usually via supported online learning

Introduction and First Steps Course (First Steps can be for self help)

Registration for Supported Learning I Matter Questionnaire

Recommendations about priority next steps

Confusion to Clarity: Foundation: A Getting Started workshop (optional) and Part 1 and Part 2 online with study support

Watching Affectionately: Foundation B: Taking Stock Workshop – Watching Affectionately: 3 wk intensive online coaching (1:1)

Thinking Developmentally: Intermediate A Workshop and Part 1 and Part 2 online with study support

Nurturing Growth: Intermediate B: Check in & Skill Building Group:

Advanced Programme: Supporting Others

Why is this school or service involved?

Your school or service is working with the project to make it possible for parents like yourself to get the training and support they need, to learn the ideas and skills that they need in order to make a difference. We believe that parenting can be an amazing opportunity to learn about some really interesting things - about yourself and about other people. As you develop new understanding and skills, life with your child and others can start to be much more enjoyable.