



THE PARENT TEAM

HELPING FAMILIES THRIVE

POSITIVE PARENTING WORKSHOPS FOR SCHOOLS & NURSERIES





WHO WE ARE

A team of experienced parent educators

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Juliet, Jenny, Ann and Victoria have been leading positive parenting workshops, courses and private consultations with families for over a decade. After training and working together as parent educators at The Parent Practice, we founded The Parent Team in 2021. Working as a team means we can offer a variety of experience and expertise to parents.

Our programmes are based on the principles of Cognitive Behavioural Therapy and Neurolinguistic Programming, and the latest research from neuroscience and psychology.



Most importantly, we're all parents too! We have 9 children between us, ranging in age from 10 to 20 years old...

We have specific training as well as first-hand experience of dealing with many typical, and some less typical, childhood challenges from a lack of cooperation and listening, tantrums, sibling rivalry, friendship issues, homework battles, struggles at mealtimes and bedtimes, as well as dealing with worries and anxieties about school and exams, and issues related to neurodiversity.

“The work that The Parent Team does has been critical to the happiness of my family. We now parent in a dramatically different way and we genuinely enjoy being parents! And our children are benefitting too!” Ali, mum of three”



WHAT WE DO

Supporting and enhancing the emotional well-being of children

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We teach positive parenting skills to parents and caregivers so children can develop the qualities, habits and behaviours they need to thrive. These skills make family life less stressful and more enjoyable for children and their parents.

Research shows that an authoritative parenting style - which involves creating a warm and secure attachment with children whilst also maintaining firm boundaries and holding high expectations of behaviour - leads to optimal outcomes for children.

The positive parenting techniques we teach are the foundation of this authoritative parenting style.



“Attending the workshop was a great way to spend an evening and a really good investment of our time to try to understand our son better and be the best parents we can.
Nicola, mum of two”

It's never too late or too early for parents to learn more about positive parenting techniques and adopt an authoritative parenting style!



HOW WE DO IT

We're passionate about teaching live

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Whether in-person or online, we believe that teaching 'live' is the best way to create the engagement and facilitate the understanding that leads to real changes in parenting habits.

Each workshop is fully interactive, with real life scenarios, exercises, video clips and role plays, and plenty of time for questions. We incorporate the latest research from leading experts and can address topical issues as they arise.

We deliver practical information in an accessible manner, with a light tone and plenty of empathy.

After each workshop, everyone who attends receives a comprehensive handout and recommended resources. We provide a recording of our online workshops.



POSITIVE PARENTING WORKSHOPS FOR SCHOOLS & NURSERIES



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LIST OF WORKSHOPS

All our workshops can be delivered in-person or online

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Each workshop is 90 minutes long. For full details of the content of each workshop, please see the accompanying Workshop Summaries Guide.

Workshops for Nurseries

- Helping Children Thrive
- Finding a Calmer Parenting Style
- Preparing for Primary School

Workshops for Schools

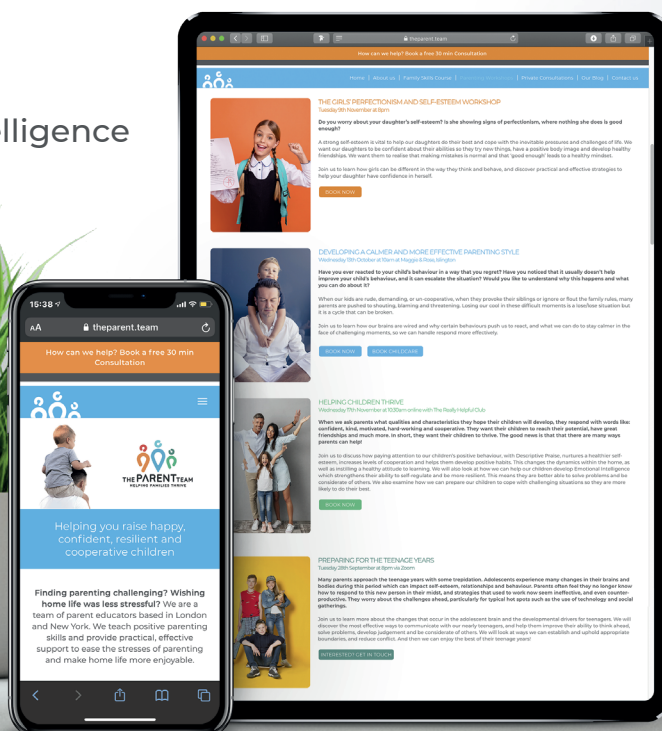
- Helping Children Thrive
- Developing Emotional Intelligence
- Understanding & Increasing Motivation
- Developing Healthy Friendships
- Parenting in the Digital World
- Fostering Harmony & Resolving Conflict between Siblings
- Recognising & Responding to Anxiety
- Preparing for the Teenage Years
- Preparing for Secondary School

Workshops for Girls

- Protecting against Perfectionism & Growing Self-Esteem
- Navigating Friendships
- Harnessing the Power of Words

Workshops for Boys

- Managing Behaviour & Increasing Cooperation
- Nurturing Emotional Intelligence





WHY IT MATTERS

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When children are happy at home, they thrive at school

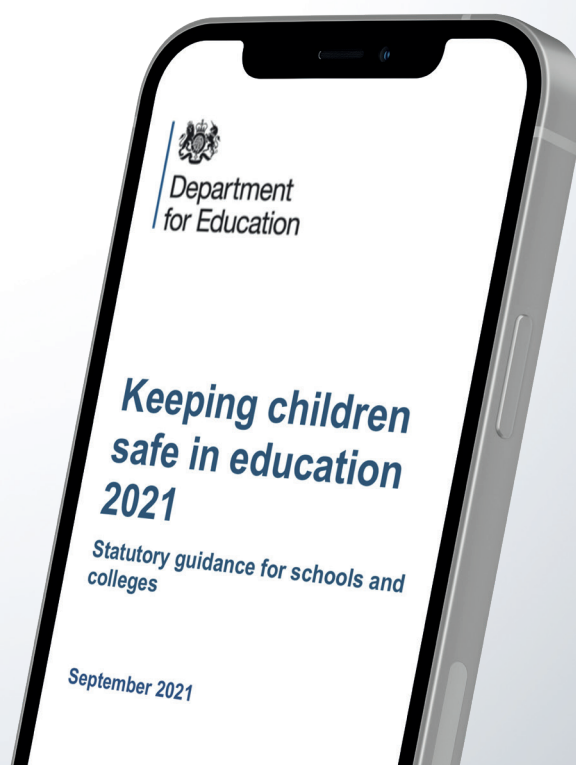
Hosting positive parenting workshops at nursery or school means parents feel supported, and it strengthens the parent community.

“ Your enthusiasm and genuine belief in what you are teaching has given me the confidence to try the skills and persevere with them. You answered our questions and addressed individual concerns in an informed and non-judgemental way.
Miranda, mum of three ”

There are numerous benefits of positive parenting for children, and their parents and teachers, including:

- Increased self-esteem, cooperation and motivation.
- Better emotional awareness and self-regulation.
- Improved cognitive and social development.
- Reduced behaviour problems.
- More secure parental attachment and decreased conflict at home.
- Increased self-reliance and problem-solving.
- Better communication skills.
- Improved resilience and ability to resist peer pressure.
- Increased empathy, tolerance and consideration of others.

With the specific focus on children's well-being and mental health in Keeping Children Safe in Education (2021), our workshops form part of a nursery or school's safeguarding initiatives.





HOW IT WORKS...

and your next steps

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1

Choose your workshop title from page 4

If you need something bespoke, we would be delighted to discuss this.

2

Consider whether an in-person or online workshop suits your parents best

Both types of workshops offer benefits for parents. The key is that parents feel understood and are able to engage.

3

Decide how the workshop will be paid for

The workshop can be paid for by the nursery or school directly and parents then book tickets free of charge from The Parent Team. Alternatively, parents can purchase tickets directly from The Parent Team. When parents purchase tickets directly, we require a minimum of 20 bookings.

IN-PERSON WORKSHOP

@ £600 or £25 per head

ONLINE WORKSHOP

@ £500 or £20 per head

4

Get in touch at juliet@theparent.team or jenny@theparent.team to agree a date and time

5

We provide a secure GDPR compliant webpage and booking system to distribute to parents

This removes any administrative burden from the school management team, and means parents are kept fully informed of the event and receive a detailed handout afterwards. For online workshops, a recording is made available for any parents who can't attend.

6

We run the workshop and agree another title and date!

In our experience, the vast majority of parents who attend our workshops find them incredibly helpful and are keen to learn more about other parenting topics. The ideal situation is to have a regular positive parenting workshop in the nursery or school calendar.



OUR EXPERIENCE

We've been leading positive parenting workshops at schools, nurseries, and organisations since 2014

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345 Nursery
Beth El Nursery School
Butterfly Pre-School
Dolphin School
Eaton House The Manor
Finton House
Glendower Preparatory School
Hawkesdown House
Holy Cross Primary School
Honeywell Primary School
Hornsby House
Independent Schools Show
Kingsland Nursery
Kingsland Pre-Prep
Kingston Vale Montessori Nursery
Knightsbridge School
Little Owls Nursery
Maggie & Rose Family Club
Morgan Stanley
National Childbirth Trust
Noah's Ark Nursery
Parson's Green Nursery School
Queen's College Preparatory School
Rye Neck Special Education Action-Committee

Rye Presbyterian Nursery School
Sparkies Nursery
Spirohealth
St Anthony's Primary School
St Catherine's School, Bramley
Streatham & Clapham High School
The Garden Room
The Merlin School
The Roche School
Wainwright House
Wimbledon High School
Wimbledon Montessori Nursery
Wimbledon Park Montessori
Woodentops Nurseries
Yerbury Primary School

“ A wonderfully reassuring workshop with lots of relevant, practical tips to help parents understand anxiety from their child's perspective and to support them. We all left with a plethora of resources, strategies, and a new-found confidence that we can help our children to understand and manage their feelings. Great value for money!
Christine, mum of two **”**