

# NOW AVAILABLE ON-LINE PARENTING PROGRAMME

*Family Lives has been supporting parents/carers  
and families across the country for 30 years.*

*We are pleased to offer this exciting new  
on-line support service.*



Longing for  
stress-free school  
mornings?

Want your child to  
listen to you?

Fancy an end to  
homework  
battles?

Yearning for less  
shouting & more  
co-operation?

Craving tantrum-free  
shopping trips?

Want a parenting  
programme that is flexible,  
home-based, that you can  
access when it suits you?

If yes - please visit our website,  
[www.familylives.org.uk](http://www.familylives.org.uk)

### Parents Together On-Line

An easy to navigate, on-line parenting programme for parents/carers:

- ❖ of children age 3 – 11
- ❖ wanting increased parenting skills and confidence and improved relations with their children
- ❖ with broadband access and basic computer skills

Key features:

- ❖ 6 x 30-45 minute modules
- ❖ video mentor, quizzes, interactive graphics, audio role plays, interactive exercises, comments board, completion certificate for each module

### Outcomes for Programme

- ❖ Increased confidence/belief in abilities as a parent
- ❖ Increased listening and communication skills
- ❖ Improved skills at setting boundaries
- ❖ Decrease in challenging child behaviours
- ❖ Improved family relationships
- ❖ Increased control as a parent
- ❖ Less anger and more co-operation and enjoyment in the family