



Family Support Packages

Parent Support Group: Six week course, two hour sessions per week

This support package consists of 6 x 2 hour Sessions provided by 2 trained and experienced parent group facilitators for up to 10 parents or carers.

Parenting Support Group promoting:

- Emotional well being for child and parents.
- Child development.
- Effective communication within the family.
- Setting limits and boundaries.
- Roles and responsibilities within the home and children's services.
- Communication skills for working with staff from schools and social care.

Example of a session - Communication Skills

- Welcome and Introductions.
- Domestic and Group boundaries.
- Communication - how do children/adults communicate?
- Input communication pie chart.
- Is what we see/hear of our children the reality or our perception of the situation - use optical illusion slides to illustrate the point.
- VAK exercise - do you and your child match - if not strategies to help you enhance your communication with your child.
- Aggressive/passive/assertive communication styles - what might be your child's past experience of communication - how might they feel living with a parent who communicates in a different style?
- I and you communication exercise.
- Do and don't communication exercise.
- Additional communication tools.
- Metaphor stories.
- Broken record technique.
- Visual communication techniques.
- Allowing 'take up time'.

Outcomes

- Improved communication between parent and child, or parent and school.
- Improved strategies and skills for managing behaviour.

Outputs

- Bespoke resources for home to support positive management of behaviour and development of skills.

Fees:

£1,320

Parent and Child Coaching Session

The sessions will be lead by a member of Gemstones staff with training and experience in therapeutic interventions (e.g. Play therapy, NLP, CBT or EFT).

To consist of:

1. A single session or
2. Series of 3-6 sessions

A session will consist of:

- Initial 20 minute consultation with the commissioning person/organisation to identify the specific issues to be addressed and desired outcomes (This may be conducted over the phone or via a Skype session).

Followed by

- 1.5 - 2 total hours with parent and child.
- 15 minute feedback to commissioning organisation/person and to include the parent if this service is commissioned by another a school or other organisation, with ideas for how the child may be supported further in at home and possibly in school.

Example Outcomes

- Identification of issue from parent perspective (e.g. communication, play, social and/or emotional skills).

Outputs

- Bespoke resources to use at home and at school.
- Ideas and strategies for supporting the child at home and at school.

Fees:

Single session: £150

Series of 6 sessions: £900

Young Child with Eating/Feeding Difficulties

Introduction

- Establish Rapport with parent.
- Scaling of the problem from 1 - 10.
- Explore the extent of the problem away from the hearing of the child.
- Use reflective and active listening to identify specific behaviour of child that is causing the problem, any successes already achieved and what specifically the parent wants to change.
- Exploration will also need to identify behaviours and feelings of the parent in order to identify current resources and any barriers to overcoming the problem.
- Observation of meal time (ABC structure)/video recording.
- Check with parent regarding any existing medical advice re diet.

Input with the parent

- In this situation most parents are very anxious and fearful for the health of the child. Therefore, coaching will include strategies for managing these feelings to avoid transmitting these to the child.
- 7/11 breathing.
- Visualisation to help access calm states.
- Anchoring of calm states, so that these can be self administered.

Other input

- Seek/commission input from dietician.
- Provide feedback from observation/video recording.

Work with child

- Establish rapport with child.
- Identify attitudes towards food and willingness to change behaviour using solution focused questions.
- EFT -including positive affirmation script for managing anxieties about eating.
- Negotiation and setting of goals with the child and use of star charts and stickers, to reinforce success.
- Anchoring of feelings of success when overcoming fears.
- Parent/child coaching during meal-time.
- Rehearsal of strategies for parent and child.
- Observation/video recording of session.

Review of success

- Reflection - discussions with parent and child, feedback from observation/video.
- Review of goals set for the session - parent and child.
- Future pacing - goal setting for future.
- Social story for the child.

Individual Family Play and Support Session

This package is aimed to support individual parents who may not be engaging with their child's school or their learning. The aims are:

- To help parents build positive relationships with their child's school.
- To offer individualised support for the home.
- To offer behaviour strategies and play ideas.
- To encourage parents to engage with their child's learning.
- To give the parents confidence to attend our Parent Support Group.

The package could be for 3 - 10 sessions, depending on the need. Sessions would be held in the school within school hours. Following an initial consultation with the school and parents each session would last two hours and would consist of:

- Brief meeting with class teacher to be briefed on any progress or problems encountered in the past week.
- Greet parents to the session and share school and home news and celebrate successes.
- Child joins the session (lasts 1 hour).
- Family supported to interact positively in planned activities.

These would include:

- Creative activities such as painting.
- Malleable play such as play dough, cornflour and clay.
- Turn taking games.
- Cookery.
- Family celebrate successes of the session.
- The child would be supported with the return to class to re-engage with learning.
- Feedback with teacher.

Fees:

Single session: £150

Series of 5 sessions: £900

Parental Engagement

Child referred to Gemstones for social and developmental delay with behaviour problems working within the class. Parents are not engaging with their child's learning and are reluctant meet with school staff. Child has low learning levels and requires a high level of support to remain on task. Child has shown violent behaviour when frustrated and is unable to follow whole class instructions.

Input

- Meet with school staff and parents.
- Establish rapport with the family. This may take up to two sessions.
- Plan activities together to link into family interests, modelling positive communication and interactive play skills.
- Work together to improve learning, for example, fine motor skills, handwriting and turn taking.
- Liaise with school staff on the child's weekly progress and feedback to parents.
- Offer strategies to the school and home with resources if necessary.
- Work together with family to build some family rules and a manageable reward system.
- Celebrate school and home successes with the family each session, highlighting and anchoring specific skills observed.

Outcomes

- Improved learning outcomes.
- Improved communication between school and family.
- Improved behaviour and social interaction in school and home.
- Family feel more able to manage routines, rules and boundaries.
- Parents may feel able to join a parent group.

Outputs

- Resources/ideas for supporting learning at home.

Provided by a Gemstones Therapeutic Practitioner and Play therapist.