



How do I sell these groups to my clients?

Sometimes the idea of attending a parenting group may be overwhelming for a parent with a challenging child, they may feel embarrassed or uncomfortable with the idea of “needing” to learn about parenting, or may see the problem as being situated in the child.

Have you tried the following ideas?

- “You have a challenging child. Would you like to join other parents in learning how to manage him/her”?
- “I wonder if you would like to join other parents to understand your child’s strengths and difficulties”?
- “Many parents have told us that they have found it useful to meet parents of children with similar difficulties and have a feeling of relief that its ‘not just me’ “.
- “An opportunity for you and your partner to talk together about how you want to parent as a team, these days it is hard to find the time for these conversations”.


What is needed from the clinician at time of referral?

It would be good if you could cover the following with the parent you are referring:

- Number of sessions: 12 – 16 (with a two week break for the holidays).
- Where (KC, YTP House), when (what day? Morning or evening)
- Discuss difficulties such as timing, child care and transport
- Cover the pyramid with them (tell them that the first four to five sessions will focus on increasing positive behaviours in their children,
- Explain that the advantage of this is that it builds up their relationship with their children (as in times of stress all relationships are put under strain) which in turn makes discipline more powerful and accepted by your child.
- Explain that there will be group discussions, readings, videos and practice of the skills covered in each session and that there will be some activities to do between the weekly group sessions.
- Then seek the parents agreement.

What is needed from the clinician during the group?

It would be good if you were available to:

- Follow up repeated non-attendance with your client (i.e. missing the first two or three sessions of the group) as you will need to discuss doing the group at a different time
 - Follow up in individual sessions with the client any skills they are finding hard to master (as we will need to move at the average pace of the group). We will let you know if your client is struggling with specific concepts.
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