



For Parents of children Age 7 and above



Repair

What other parents have said

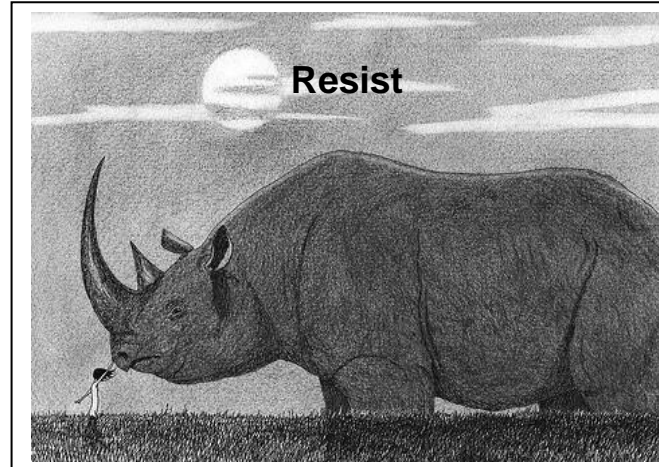
The course is a brilliant way for parents/carers to learn new skills having to cope with children who have challenging behaviour on a daily basis. And as the weeks progress the parents/carers all support each other and every week everyone looks forward to meeting up...

I attended NVR because I was struggling with my middle child. My first thoughts when meeting the other parents were; every one is different. Men, women, couples, there was no set pattern. But what also hit me was the kids were all different too, boys and girls ranging from 8-17, some with learning difficulties others with not, only children and kids with siblings; again no pattern.

I just thought it was just another parenting group. After that initial visit I found that NVR was different to other things that I had attended. We were all different people but we all had some sort of problem in one way or another with our children or grandchildren. We were all struggling in some way. Listening to each other made you feel you were not alone; you were never made to feel that your problems were just your problems. We supported each other and gave each other advice which made you feel better.

The NVR course has proved invaluable to me. I embarked on it with no where else to turn. It changed my attitude and mind-set

I recommend anyone to do the NVR course as you get a lot out of it and meet people that are experiencing the same problems as you. As each week goes on you learn more and feel stronger in yourself and you've got more support – you feel like you've got a bigger family



Non Violent Resistance Parent Group Factsheet



Why?

Many parents are experiencing that their children are trying to control them, sometimes to the extent that the children become physically aggressive towards them.

Parents and professionals often find that their usual strategies do not work. They try reprimands, threats and punishments and the child responds by escalating the aggressive behaviours. When parents opt for reasoning, persuasion or giving in, this also tends only to perpetuate the vicious cycle of escalating behaviour.

Parents often comment that they have tried **everything** and nothing has worked resulting in them feeling hopeless.



What?

- Non Violent Resistance/New Authority is a way of working with parents and their support network in a very specific way. The approach uses strategies from Gandhi's "non violent resistance" and from the civil rights movement. It looks at the model of escalation processes between parents and child and ways for overcoming escalation.
- It encourages parents to take an active stance and reclaim parental presence with their children. Raising their parental presence so they feel more control of their time, their home and themselves.
- Research shows that the NVR approach is more effective with teenagers than other programmes.
- 8-10 Families will work together learning and practising strategies and offering each other a chance to reinforce their hope for the future and support for coping in the present.
- There will be an opportunity for parents to continue to meet following the group to continue to support each other.

Who?

Any parents/ carers with a child who exhibits controlling or violent behaviours.

If there are two parents it would be ideal if both attend.

It is important that your professional support network attend a briefing session so that they can support you throughout the group.

