

Bridging the Communication Gap



Parent and Family Support Service
#THParentConf22

FamiliesMatter



Session Aims



- Importance of healthy Parent and Child communication
- Communication barriers
- Tips to bridge gaps in communication
- Support available in Tower Hamlets





Why is it important to have positive communication with our children?



Benefits of effective communication

- Enhances parent child relationship
- Children feel acknowledged, heard and understood
- Understanding your child's world
- Helps problem solving / solution building
- Children feel supported and loved
- Keeps you connected
- Supports children's emotional wellbeing
- Develops language and cognitive skills
- Boosts self-esteem



What are the barriers to communicating with your children?



Barriers



- Lack of quality time
- Time constraints
- Parents' lack of understanding
- Unrealistic expectations
- Children as replicas
- Comparing children
- Language/cultural differences/generation gap
- Modern technology & social media



Bridging the gap

- Demonstrate active listening
- Show interest and empathy
- Share activities together
- Give positive attention
- Show love and affection regularly
- Share experiences /stories
- Have family discussions
- Enjoy small talk
- Be open and honest when dealing with conflict



*"Talk So Kids Will Listen
&
Listen So Kids Will Talk"*

Adele Faber



Attend more workshops!



New for Spring 2022!

FamiliesMATTER

Parenting Taster sessions and Workshops

Attend a workshop listed below to gain an introduction to some of the popular courses delivered by the parent and family support service or perhaps you need some take away tips and strategies to manage some of the everyday parenting challenges

| Topics | Date | Time | Location |
|--|--|------------------------------|----------|
| <ul style="list-style-type: none">• Parenting for Single Parents During this session we will be exploring the unique challenges of single parenthood and sharing top tips for coping effectively with trials that may arise. | Thursday 17 th March | 10am-12pm | Zoom |
| <ul style="list-style-type: none">• Emotional First Aid Taster workshop For parents who would like to know more about the importance of their emotional well-being as parent and get details of our 6-week programme. | Friday 1 st April | 10am-12pm | Zoom |
| <ul style="list-style-type: none">• Triple P Family Transitions Taster Workshop - (Positive Parenting Programme) For parents separated from their partners who would benefit from support to work through this change whilst maintaining a positive environment for the children. | Thursday 24 th March | 10am-12pm | Zoom |
| <ul style="list-style-type: none">• Parent Support Network First of a new support network for all parents that have attended a parenting programme and would like to become part of a supportive community. | Friday 25 th March | 10am-12pm | Zoom |
| <ul style="list-style-type: none">• Triple P Discussion Groups - (Positive Parenting Programme) Attend either or both sessions to receive effective strategies to positively manage challenging behaviour.<ul style="list-style-type: none">○ Encouraging Positive Behaviour 2yrs -11yrs○ Dealing with Teenager's Emotions | Monday 21 st March Thursday 31 st March | 10am-12.30pm 10am-12.30pm | Zoom |

To book your place on a workshop please click on this [Eventbrite link](#).

If you have any queries please get in touch by emailing parenting@towerhamlets.gov.uk or call 0207 364 6398

[Spring 2022 Parenting Workshops- Eventbrite](#)



Support in Tower Hamlets



Parenting Team (PFSS)

- To find out more about the work of the Parent and Family Support Service visit: www.towerhamlets.gov.uk/parentfamilysupport
- Parenting Team – parenting@towerhamlets.gov.uk (0207 364 6398)

Local Offer website

- Search the Local Offer for information about services available to children, young people and families in Tower Hamlets. www.towerhamlets.gov.uk/localoffer
- **Early Help Hub**
- Weekdays between 9am and 5pm, you can give the Early Help Hub a call on 020 7364 5006 and select Option two. (excluding public holidays)
- **Child's School**
- **Social Prescribers (GP)**



Poll



Thank you for attending



An end of conference evaluation will be emailed to all registered participants and will give you the opportunity to share more detailed feedback of your conference experience.

Please complete when you receive this.

