

# 6 week structure

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Chat	Love	Behave	Care	Discover	Together
Controlling idea	Developing effective communication skills to ensure that families are talking and listening to each other.	Building self-esteem and independence through secure attachments. Establishing boundaries as part of love.	Bringing calm and order to the house with rules and routines that work.	Looking after ourselves and our families, maintaining good physical and mental health for both parents and children.	Supporting children to learn and explore.	Looking to the future and recapping key techniques. Creating a strong family bond in a supportive and nurturing environment.
Mission 1	<b>Stop and Listen</b> Communication techniques to encourage children to open up and talk.	<b>99 Ways To Love Your Children</b> Ideas for showing children you love them One-on-one time with each child. Love-bombing	<b>Good Morning &amp; Good Night</b> Develop routine and house rules. Benefits of routine.	<b>Fit as a fiddle</b> Suggestions for activities to improve health and increase activity level of children.	<b>Homework heaven &amp; hell</b> Ways to support children to do their homework; Support for parents to act as a coach; How to help kids concentrate.	<b>Dream team</b> Common causes of sibling fights and ways to defuse them. Techniques for dealing with siblings (also applicable to friendship interactions for one child families).
Mission 2	<b>Talking Style</b> Learning about parents communication style and impact on children. Practice ways to improve communication with your child.	<b>Worry watch</b> How to identify when children are worried; ways of finding out what's on their mind. Guiding children to solve their problems.	<b>Reward Charts</b> Activity of making and decorating a reward chart with their child, then using it.	<b>Food for Thought</b> Practical tips for healthy eating on a budget. Try out the tips to tackle fussy eaters. Benefits and challenges of eating together as a family.	<b>Ways to Play</b> Encouraging curiosity and learning through play Benefits of play for relationship and emotional wellbeing How to play.	<b>Stop it spiralling</b> Communication and conflict resolution techniques to stop disagreements spiralling out of control. Family meetings as a strategy for resolving problems.
Mission 3	<b>Step by Step</b> Giving clear instructions and communicating expectations for a calmer home life.	<b>Bounce back</b> Exercises to build resilience and overcome setbacks using positive reframing. Use these tactics to help children stick at tasks in the face of obstacles.	<b>Practical Tips for Better Behaviour</b> Discipline techniques to try with children; range of options to cover variety of situations. Emphasis on Time Out.	<b>A good night's sleep</b> Ways to tackle sleep problems and encourage healthy sleeping habits. Benefits of a good night's sleep.	<b>Busting square-eyed blues</b> Setting limits on screen time using earlier techniques. Brainstorming alternative activities - opportunities for making learning fun and spending family time together.	<b>In it together</b> Developing family identity through narrative. Activity to develop a positive sense of identity for children by making a scrapbook about their family heritage. Developing a support network for children.
Mission 4	<b>The Power of Praise</b> How to praise children descriptively Ratio of praise to criticism. Praising effort to encourage a growth mindset.	<b>Independence day</b> Links between closeness and independence. Ways to encourage independence in our children.	<b>Stick To Your Guns</b> Exercise to encourage consistency. Importance of following through on consequences.	<b>Taking care of no. 1</b> Finding "me" time and when to step away. My support network.	<b>Story Time</b> Commit to reading with your child every night, tips on how to make up stories with your children.	<b>The future</b> Circle time exercise Airing remaining concerns, defining priorities, identifying hotspots. Coach recap of key techniques Helping each other to plan strategies and pledging to support each other going forwards.
	Hotspots and mission sign-up.	Hotspots and mission sign-up.	Hotspots and mission sign-up.	Hotspots and mission sign-up.	Hotspots and mission sign-up.	Hotspots and mission sign-up.

