



PARENT FOLLOW-UP SUPPORT GROUP



SAMPLE PROGRAMME

Session 1

9.30a.m.-10.00a.m.
 10.00a.m.-10.40.a.m.
 Break
 10.50a.m.-11,30a.m.

Welcome
 Group forming and catch-up session



Refreshments

Discussion Topic: Only Child or Sibling?
 Does position within the family make a difference?

Session 2

9.30a.m.-10.00a.m.
 10.00a.m.-10.40.a.m.
 Break
 10.50a.m.-11,30a.m.

Welcome



Refreshments

Natural and Logical Consequences
(The Incredible Years Chapter 7)

Discussion Topics:

- a) Bullied or Bully? What can parents do?
- b) Coping with Cliques and Friendship Break-ups

Session 3

9.30a.m.-10.00a.m.
 10.00a.m.-10.40.a.m.
 Break
 10.50a.m.-11,30a.m.

Welcome



Refreshments

Discussion Topics:

- a) My child gets terribly homesick. How can I help him enjoy the experience of being away from home?
- b) "What's the point, why bother?" A Pessimistic Child

Discussion Topics:

- a) Bad Friends. They're every parent's nightmare.
- b) "Only a parent should be allowed to discipline their own child." Agree or disagree?
 What if your child's friend misbehaves at your house?

Session 4

9.30a.m.-10.00a.m.
 10.00a.m.-10.40.a.m.
 Break
 10.50a.m.-11,30a.m.

Welcome



Refreshments

Teaching Children to Problem Solve and Self Regulate
(The Incredible Years Chapters 8 and 9)

Discussion Topics:

- a) How can we help our children stand up to Peer Pressure?
- b) Finding appropriate Role Models and influencing Appearance and Image.

