

# adoptionuk

for every adoptive family

working with

**PAC-UK** THE AGENCY FOR  
**ADOPTION &  
PERMANENCY  
SUPPORT**

Fully funded by the Adoption Support Fund

**Parenting our Children** is Adoption UK's cutting edge, therapeutic parenting programme now being delivered by PAC-UK. It can be run locally in partnership with a local authority or voluntary agency.

# PARENTING OUR CHILDREN

## Therapeutic support for parents

Bryan Post, US parenting expert says:  
*'Finally, a post-adoption course that will work!'*



### What is Parenting our Children?

It is a research-based, six-day programme of support, for up to 16 parents, to gain an understanding of their adopted children's needs, particularly developmental trauma, and to receive valuable peer support.

**Parenting Our Children** has developed from 'Piece of Cake', which has recently been reviewed and updated by Family Futures.

### Why do professionals choose Parenting our Children?

- Flexible delivery, either over a series of weeks or can be delivered at the weekend.
- **Parenting our Children** can be funded by the Adoption Support Fund
- Support of this kind helps to prevent disruption and equips parents with the tools to deal with the issues that may arise as a result of their child's early experiences.
- Our Trainers are experienced adopters and have a recognised adult training qualification, as well as a wide professional and skills base.
- Additional support can be offered as part of a package and may include online forum groups, facilitated on-going support group, one-to-one Parent Consultant support, or therapeutic support for individuals of families in the form of music, drama or art therapy (provided by a partner agency).
- Authorities that are Adoption UK members will get a 10% discounted rate on a whole course or a free 'follow on' session for the course participants six months after the end of the course.
- **Parenting our Children** has been endorsed by many including Dan Hughes and Dr Jonathan Baylin, who are experts in the field of adoption and trauma and are based in the US.

**Bryan Post, Founder of Post Institute, lecturer and author, 2015:**

*'This is the best overall and most extensive adoption training course I have encountered in my fifteen years in the adoption/foster and trauma field. I am in awe at the opportunity for interaction offered by this course. I am very excited to see it in the hands of adoptive parents and cannot wait to see the impact that it will have. I commend the authors for their foresight and dedication to helping adoptive children and their families!'*

**Dr Dan Hughes PhD, Clinical Psychologist, 2015:**

*'Without reservation, I fully endorse this third edition... This third edition of Adoption UK's parent support programme will ensure that it will continue to provide adopters with excellent training and support for years to come...'*

*'A comprehensive blueprint for adopters to feel acknowledged, empowered, and supported. This edition is faithful to the prior editions in how it integrates the latest knowledge - taken from neuroscience, developmental trauma, and attachment.'*

## Why do parents need Parenting our Children?

Parents want to help their adopted children to live healthy and fulfilling lives but often they tell us that they struggle to do this due to their child's early difficulties. Understanding developmental trauma and supportive parenting techniques that acknowledge this, as well as peer support, can help.

The six day **Parenting our Children** programme will help parents to:

- understand their child's trauma and subsequent behaviour
- understand the therapeutic approach at the heart of parenting
- understand that parenting attitude is a vital part of caring for children
- be better informed to engage with practitioners to work with their child

### Method of delivery:

The programme is participative and interactive, using participants own experiences, and balances theory with practical exercises.

### Criteria:

Child/ren placed for at least six months. Couples, single adopters and other types of carers welcome.

### Funding:

Adopters can ask their Adoption Support Team for an assessment under the Adoption Support Fund and request a parenting programme.

## What do parents say about Parenting our Children?

*'The training illuminates the whole of adoption. All adoptive parents and professionals who have an interest in adoption need to have this information.'*

*'It completely changed the relationship I had with my child - for the better.'*

*'I learned that it is ok to feel emotional about kids' behaviour and I am not alone in this process. I intend to feel good about myself and keep in contact with the other group members.'*

*'Before the course there seemed to be no hope for our family, now we have grounds for real optimism.'*

*'A brilliant course delivering up to date knowledge, explanations and strategies to help us parent our children. (It) also gives us the opportunity to meet with other adopters, share experiences and gain support. Well worth investing the time regardless of how long your child(ren) have been home.'*



**Therapeutic parenting programmes are fully funded via the Adoption Support Fund**

**To find out about pricing or for further information**

**Phone:** Corrina Jacob on 01926 852877 or

**Email:** [peertraining@pac-uk.org](mailto:peertraining@pac-uk.org)

# Parenting our Children – six steps to empowered parenting

## The programme

Over six days, **Parenting Our Children** covers the following topics

### Day one - Expectations, realities and loss

This module explores the common mismatch between the expectations of all those involved in the adoption process, and the reality for those same people, primarily the parents and the child.

### Day two - Developmental trauma

This module is core to the whole course. Parents think about their care, as it helps to have an understanding of how it works and what parents need to do to keep it working well. With a traumatised child, parents need to know how their child's body and brain are functioning in order for parents to be able to offer the most appropriate support.

### Day three - Claiming and belonging

This module will help the understanding of developmental

re-parenting. Parents will also develop skills to interpret the non-verbal communication of the child as well as understand the theory of sensory integration.

### Day four - Parenting from the inside out

The theme of self-care is again evident in this module, with an emphasis on the impact of parenting a traumatised child and the support mechanisms that can be accessed.

### Day five - Rewiring

This module is highly participative and uses scenarios provided by participants to allow discussion of parenting approaches. Trainers facilitate discussion about the interpretation of the behaviour manifested and support parents to develop an approach that validates the child's feelings and lets them know that they are loved despite their behaviour.

### Day six - Developing positive self-esteem and sense of identity

This module considers the development of the child's self-esteem through success in education and the possibility of accessing therapy. It also looks at contact with birth-family members to consider whether any current contact is supportive or detrimental to the child.

## Adoption Support Fund

Following an assessment, local authorities can apply to the Adoption Support Fund to fund a **Parenting our Children** programme, or parents may approach their local authority to ask for an assessment with a view to attending a **Parenting Our Children**.

Training outcomes linked to the fund include supporting parents in order to help their children with

- Improved relationships with peers
- Improved relationships with siblings, parents and other family members
- Improved relationships with teachers and school staff
- Improved engagement with learning
- Improved emotional regulation
- Improved behaviour management
- Improved confidence
- Improved ability to enjoy a positive family life and social relationships

Parents want to help their adopted children to live healthy and fulfilling lives, but often they tell us that they struggle to do this due to their child's early difficulties. Understanding developmental trauma and parenting techniques that acknowledge this, as well as peer support, can help.

**Parenting Our Children** fulfils this and provides parents with life-long tools to support their parenting and improve outcomes for their children and themselves.

## Evaluation

**Parenting Our Children** is evaluated using a mixture of techniques, and data is gathered pre and post delivery of the course. This includes evidence of impact and sustainability.