

enhancing adoptive parenting



a home-based parenting programme for use with carers of challenging children who have been adopted or placed in foster homes, with special guardians or with kinship carers.



**Pre-adoption
Post-adoption
Permanency
Advice &
Counselling**

enhancing adoptive parenting (EAP)



Placing a child in a new family, whether with adopters, foster carers, special guardians or kinship carers, can provide safety and healing as well as an immense sense of fulfilment for the carers. But it can also be a stressful and complex experience for all parties. Many of these children exhibit challenging behaviours linked to their early experiences, which can be difficult for carers to understand and to manage. In these situations, targeted support and training can make a huge difference to placement outcomes.

Enhancing Adoptive Parenting (EAP) is a specialist parenting programme which provides practical and relevant advice to carers struggling with challenging behaviour in their children. Based on a “real world” randomised controlled trial which recorded increased parenting confidence in adopters, it is an authoritative, dependable method of helping carers help their children.

The EAP programme is carried out over ten sessions by PAC-trained parent advisors on a one-to-one basis in carers' own homes, or at another convenient venue. A range of optional extra sessions allows the material to

be tailored to particular behaviours a child may struggle with.

The programme can also be used with new permanent placement carers (other than adoptive parents).

PAC counsellors have been trained to deliver the EAP programme to individual families. For further information contact PAC via our Advice Line.

PAC ADVICE LINE 020 7284 5879

Monday to Friday 10.00am – 1.00pm

Wednesday & Thursday evenings

5.30pm – 7.30pm

advice@pac.org.uk



What the EAP programme covers

EAP is an invaluable resource for supporting adoptive and other permanent placements, significantly enhancing parenting skills.

Topics covered in the ten-session programme include:

- understanding attachment and how children develop new relationships
- using positive attention to change behaviour
- the use of praise and rewards
- clear commands and boundaries
- the use of ignoring
- effective discipline and logical consequences
- problem solving with children

Optional extra sessions cover a range of behaviours, including wetting and soiling, sexualised behaviour, managing difficulties in sibling and peer relationships, fears and anxieties and eating and sleeping problems.

There is an expectation that participating carers complete 'homework' between sessions. This will be supported with handouts, presented in electronic format, throughout the programme.

Local authorities, voluntary adoption agencies and independent fostering agencies who would like to train their staff to carry out the EAP programme can contact PAC's Training Department on 020 7284 5872, email training@pac.org.uk

A dependable resource

Unlike many interventions in adoption support, EAP has been tested for effectiveness in a randomised controlled trial as part of the Department for Education's Adoption Research Initiative.

The trial determined that the EAP programme was an effective aid to the parenting of abused and/or neglected children recently placed for adoption, with participant families demonstrating significantly positive change at six months post-intervention compared to a control group receiving routine support.

About PAC

PAC was founded in 1986 as the Post-Adoption Centre to meet the needs of adults and children experiencing problems arising from adoption. Its origins were in a growing recognition that adoption raises specific issues for all parties involved and at various stages of their lives.

PAC has developed a range of support services which reflect the complexities of adoption, as well as long term fostering, special guardianship and kinship care.

Each year PAC receives 1,800 requests for help from people affected by adoption or permanent care as well as the professionals who support them. PAC has particular expertise in working with minority ethnic children, families and adults and with transracially placed children and adults.

PAC is an independent charity which provides a confidential service. In 2011 PAC received an Ofsted quality rating of 'outstanding'.

PAC's other services

PAC offers a wide range of support for all parties to adoption and other forms of permanent care and the professionals who work with them:

- a child and family service offering a range of services for adoptive and permanent placement families, including intensive therapeutic family work
- a counselling service for individual adults and couples
- a range of support services for birth relatives
- workshops, groups and seminars for all those involved in adoption and other forms of permanent care
- professional consultation and training
- bespoke training and services for professional agencies

For further information contact PAC



LOTTERY FUNDED



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Post-adoption
Permanency
Advice &
Counselling

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