

## Equality at PAC-UK

PAC-UK is committed to providing services which are fair and equal for all. It has an ethnically and culturally diverse staff and believes in the unique value and right to respect of each individual.

PAC-UK is working in partnership with the eQuality Project to improve the support we offer to lesbian, gay, bisexual and transgender people. Our premises in London are wheelchair accessible.

### Your first contact point

#### Advice Line

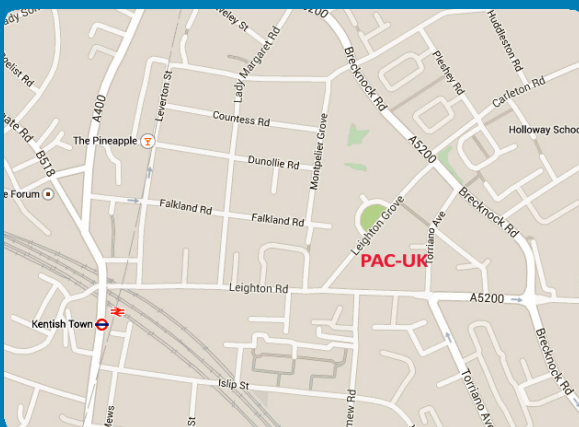
tel. 020 7284 5879 email. [advice@pac-uk.org](mailto:advice@pac-uk.org)

Monday, Tuesday & Friday 10.00am – 4.00pm  
Wednesday & Thursday 2.00pm – 7.30pm

#### Education Advice Line

tel. 020 7284 5879 email. [education@pac-uk.org](mailto:education@pac-uk.org)

Wednesday & Thursday 10.00am – 12noon  
(available to parents /carers and professionals;  
closed during half term and school holidays)



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Company limited by guarantee: 01068186

PAC-UK is registered with Ofsted under the Care Standards Act 2000 as an Adoption Support Agency.

Ofsted registration: SC066981



## Enhancing Adoptive Parenting (EAP)

*A specialist parenting programme for  
prospective adopters and adoptive parents*



### PAC-UK

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# Enhancing Adoptive Parenting (EAP)

advice line tel. 020 7284 5879

Placing a child in a new family can provide safety and healing for the child as well as an immense sense of fulfilment for the parents. But it can also be a stressful and complex experience for all parties. Many adopted children exhibit challenging behaviours linked to their early experiences, which can be difficult for parents 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 for parents whose children were placed relatively recently (around a year or less) and are of pre-school or primary school age. It provides practical and relevant advice to parents who are 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 parents help their children.

The EAP programme is carried out over ten sessions by PAC-UK-trained parent advisers on a one-to-one basis in parents own homes, or at another convenient venue, or via Skype. 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-UK counsellors have been trained to deliver the EAP programme to individual families as well as groups.

## www.pac-uk.org



### Who is PAC-UK?

We are the largest independent adoption and permanence support agency in England.

We supported more than 5,000 people last year!

Our vision is that children, young people and adults affected by adoption and permanence arrangements live their lives to the full.

### Further information

For further information contact us via the PAC-UK Advice Line on 020 7284 5879 or via email at [advice@pac-uk.org](mailto:advice@pac-uk.org)

For more information about PAC-UK and the services we offer visit [www.pac-uk.org](http://www.pac-uk.org)

### EAP programme topics

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 extras

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.

### Expectations

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

### Commissioning the EAP programme for professionals

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-UK’s Training Department on 020 7284 5872 or email [training@pac-uk.org](mailto:training@pac-uk.org)

### 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 parents demonstrating significantly positive change at six months post-intervention compared to a control group receiving routine support.



*“We found each session extremely beneficial, we put in practice the various strategies over the past 10 weeks with the girls, learned a lot about how to approach various difficulties (which we are already using) and the homework brought it all together.”*

*- Adoptive Parent*