

Welcome to the Sharing Parenting 'Parenting Tasters Pack'

The Parenting Tasters pack aims to give parents a snapshot of the Sharing Parenting Courses in a supportive, informal environment, in which they can gain information, knowledge and skills around parenting issues.

The six tasters each have key messages for parents and contain an introduction, exercises, feedback, reflection and evaluation.

The topics are:

- ◆ Parenting styles
- ◆ Sibling Rivalry
- ◆ Understanding Challenging Behaviour
- ◆ Labelling
- ◆ Effective Discipline
- ◆ Birth Order (optional)

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The writers of this pack highly recommend that parenting facilitators/agencies wishing to use the material access the sharing parenting Facilitation Training Process with its subsequent on-going support.

Suzanne Pearson

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