



Parents Plus Special Needs Programme

www.parentsplus.ie

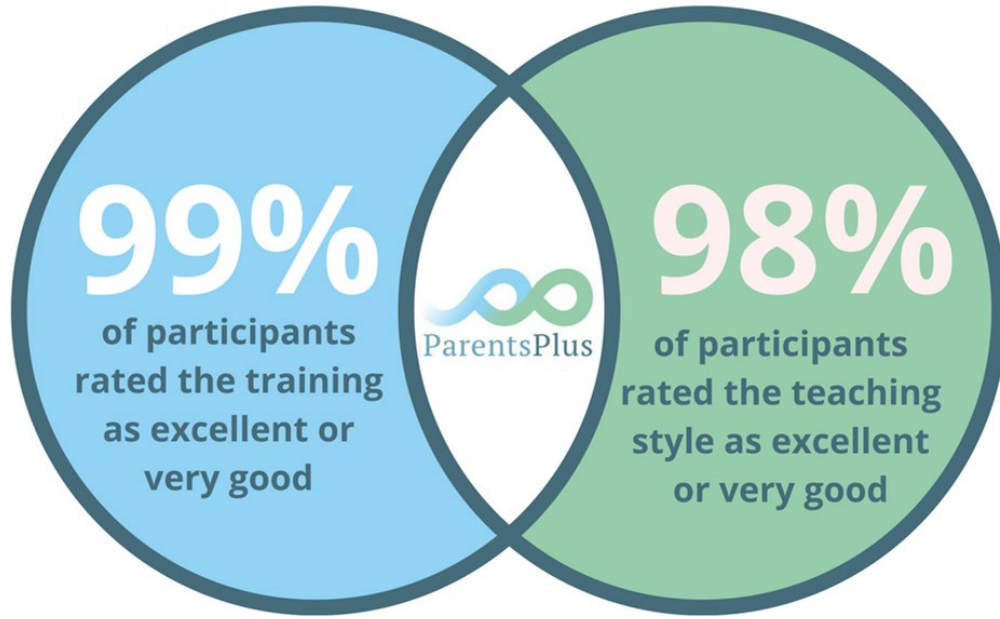
About Parents Plus

Parents Plus is a partnership *between*
professionals and parents
who want to make a difference
and improve outcomes for children and families

Parents Plus Programmes



Our Training



'Train the trainer' model ensures a long-term, sustainable benefit for facilitators, communities and organisations.

Post training support and accreditation process ensures effective delivery and helps to develop professional practice.

Parents Plus Programmes – Research

Strong Evidence Base : 20+ research studies, including 6 RCTs

4 studies independent from developers,

All show evidence for effectiveness of the Parents Plus Programmes.

- Original Programme (Behan et al. 2001; Quinn et al., 2006; 2007)
- Adolescent Programme (Beattie et al., 2007; Nitsch et al., 2011)
- Early Years Programme (Behan et al., 2005; Griffin et al., 2006; Hayes et al., 2013)
- Children's Programme (Coughlin et al., 2007; Hand et al., 2012; Hand et al., 2013)
- Parenting When Separated (Keating et al., 2013)
- Working Things Out (Brosnan, 2015; Fitzpatrick et al. 2015)
- PPAP & WTO (Rickard et al., 2015; Wynne et al., 2015)

Parents Plus Programmes follow international best practice guidelines and independently endorsed by National Parenting academy in UK and the Early Intervention Foundation (EIF)

Parents Plus Values

- **Partnership** with parents, children and families in development.
Client voice is crucial
- **Strengths -based** - focus on empowering families to find solutions that work for them
- **Evidence based** – integrating practice and research
- **Collaboration** with professionals, agencies and communities



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Structure of the Programme



Supporting
Families

Supporting
Children

Parent
Self-care

Development

- Parents Plus have been supporting disability services for over 20 years.
- Since 2015 we have been actively working on developing a bespoke programme for parents of adolescents and older children
- 2018/ 2019 We conducted a series of 12 workshops with a total of 97 parents of adolescents with a disability
- Autumn 2019 Programme materials completed and first sponsored training with 50 professionals and parents
- Dec 2019 First 13 groups completed with 130+ parents
- Feb 2020 Second phase of 13 groups starting
- Evaluation results available in May 2020

Professionals

“We ran the Special Needs programme in a mental health and disability setting. **The feedback we got was incredible.** For many parents of children with disabilities they feel isolated and this is augmented by the lack of parenting advice out there specifically for their own children. The Parents Plus Special Needs programme recognises that not all children with disabilities are the same and supports parents in developing individualised parenting strategies that support their children which are consistent with the latest research and recommended parenting practices.”

Eleanor Kent, Social Worker, H.S.E. CAMHS



Sensory Fun with Friends

- Eileen Birchall is a co-founder of Sensory Fun with Friends (SFWF) which is a Parent led voluntary group that supports families with additional needs
- Eileen was one of 97 parents who collaborated in the development of the PPSN.
- Uniquely, Eileen and two other parents delivered the first parent led Parents Plus Special Needs group in Tallaght as part of a national roll out.
- They are now onto their third group...

Who is the PPSN for? p4

Primarily for Parents of

- Children with an intellectual disability (ID) aged 11 to 18
- Children with an ID and additional diagnoses such as ASD, ADHD and physical disabilities
- young adults aged 18 to 25 with an ID

Can sometimes be used with

- Children with an ID who are younger than 11
- Children without an ID who have additional needs



Goals of the PPSN Programme

For parents

- Understanding the journey of parenting a child with special needs
- Advocating for children and preparing for future transitions
- Managing parental stress and self-care
- Supporting siblings (brothers and sisters) and family relationships
- Supporting fathers and mothers and their relationships with each other
- Establishing good family routines
- Managing problem behaviours



Goals of the PPSN Programme

For children

- Supporting children in having good social outlets and appropriate friendships
- Helping young adults to find meaningful work or participation in society, according to their ability
- Building self-esteem, independence and the ability to prepare for the future
- Supporting children's education and development
- Dealing with relationships and sexuality



Course Content

Structure of the Programme

Introductory Session			
Group 1	Raising a Child with Special Needs	'Tuning In' to your Adolescent	Counting your Breaths
Group 2	An Emotional Journey	Positive Communication and Rules	Mindfulness
Group 3	Supporting Parents' Relationships	Establishing Routines	Focusing your Attention
Group 4	Supporting Siblings	Managing Challenging Behaviour	Visualisation
Group 5	Personal Coping and Life Balance	Friendships and Socialising Sex and Relationships	Relaxing your Body
Group 6	Planning for the Future	Talking about Special Needs Self-esteem Preparing for Adulthood	Noticing Thoughts and Feelings
Group 7	Coping in the Long Term	Managing Transitions	Self-compassion
Follow-up Group Session			