



Sink or Swim Programme

Session 1 - Share Experiences

- This session focuses on parent's thoughts and beliefs.
- Looks at the myths and realities of parenting with mental health problems.
- Discusses the effect of labelling on parents and children.
- Explores the cycle of mental health.

Session 2 - Stay in the Here and Now

- Focuses on the connection between thoughts, feelings and behaviour.
- Looks at children's development stages and explore typical behaviours.
- Recognises the impact our mental health plays in our parenting.
- Raises awareness of parenting styles and their consequences.
- Explores children's needs and how we can meet them.

Session 3 - Accept who we are

- Explores different emotions.
- Looks at ways to manage emotions that may be impacting on our parenting.
- Recognises our expectations of family life and discusses if the expectations are realistic.

Session 4 – Stand Still

- Looks at the consequences of how we were parented and how this experience impacts on how we in turn parent.
- Helps parents understand the importance of bonding and attachment.
- Discovers how we can use play and quality time to enhance or build a bond.

Session 5 – Empowerment

- Explores the importance of self-esteem.
- Discusses the impact of both low and high self-esteem.
- Looks at how to encourage healthy self-esteem in both children and parents.

Session 6 - Moving Forward

- Explores the journey we have made since the beginning of the course.
- Develops a plan for continued progression.
- Raises aware of support available within the local community.
- Recognises parent's strengths and abilities.