



## Restorative Thinking: Parenting without Conflict

'Parenting without Conflict' is a universal, intensive group-work programme for men and women in custody and community settings.

Awarded the DfE's CANparent Quality Mark, the programme uses parent/carer - child/ren relationships as a vehicle for developing the knowledge and skills to strengthen and improve parenting strategies, at the same time challenging attitudes and thinking, with the aim of contributing to desistance from crime.

The programme is delivered by experienced group programme facilitators who are also experienced restorative practitioners and parents. The programme uses facilitator input and modelling, group discussions, break-out sessions for pair and small group challenges, videos, role play, fiction and recorded written activities to develop, strengthen and maintain relationships with children.

**Programme:** A four-week parenting programme, with time between each session for reflection and putting the learning into practice. Colourful resources for participants are provided. Further reading is signposted.

**Programme length:** Four 2.5 hour sessions, over four weeks.

### Who is the programme for?

Groups of 4-12 male or female prisoners aged 18 years or above.

### Where is the programme delivered?

In category A, B, C, D and resettlement prisons.

**Staff required:** Prison family support worker to co-ordinate referrals, schedules and movement. This parenting programme is delivered by Restorative Thinking facilitators, or via a licensing agreement (prison group facilitators trained and supported to deliver).



**Methodology:** Uses facilitator input and modelling, group discussion, break-out sessions for pair and small group challenges, videos, role play, fiction and recorded written activities.

**Qualifications offered:**

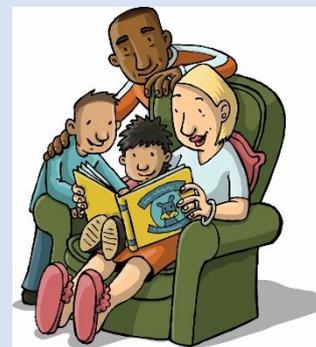
All participants completing the programme receive a 'Certificate of Achievement'. We are looking into attaching a formal qualification to this programme.

**Delivery options:**

- Restorative Thinking facilitators deliver the programme in your establishment, supported by a prison Family Support Worker (to co-ordinate referrals, timings and movement to/from programme sessions).
- Restorative Thinking's 'Parenting without Conflict' is delivered in your establishment via a Licensing Agreement whereby prison group facilitators are trained and supported to deliver the programme, with ongoing wrap-around support with the RT team; Quality Assurance.

**Aims of the programme:**

- Develop and strengthen parent-child relationships
- Apply restorative principles and skills to parenting
- Challenge attitudes and thinking
- Communicating and staying calm
- Coping with difficult behaviour
- Understanding the different stages of a child's development
- Managing conflict
- The psychology behind behaviour and conflict
- Contribute to desistance process
- Realistic goal-setting
- Consolidate positive identity
- Improve health and wellbeing



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