



BFCSS

BRITISH FORCES COMMUNITY
SUPPORT SERVICES CYPRUS



BRITISH FORCES POSITIVE PARENTING SUPPORT SERVICE

Information for Parents



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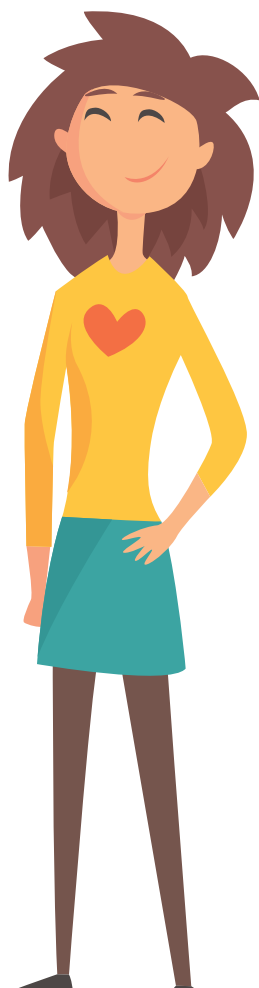
part of the polaris community

WHAT IS POSITIVE PARENTING?

Our service provides bespoke parenting support for you and your child based on issues and needs that you or a referrer have identified. We offer a range of programmes and strategies that promote social and emotional development in children and enhance parent-child relationships for parents with children of all ages. The benefits of Positive Parenting work are as follows:

- Gives you the skills and confidence to deal with difficult behaviour and support your child in learning to manage their emotions
- Gives you the skills and confidence to resolve typical pre-teen issues before they become problems
- Builds a foundation to see you through the difficult teenage years
- Gives you the tools to bring out the best in your child
- Gives you the confidence to deal with difficult behaviour without losing your cool
- Enables you to support your child to develop their language skills and social relationships with others
- Helps build on positive communication and relationship skills between parent and child

As a service we are fortunate to have trained practitioners in **Triple P (teens) – Positive Parenting Program®** and **Video Interaction Guidance® (VIG)**, two Positive Parenting programmes (see individual leaflets for more information) which may be used as part of our support package.



HOW DO I MAKE A REFERRAL?

Simply contact us as detailed below and explain that you are interested in Positive Parenting. We will take some basic details and get a trained practitioner to contact you to take further information and decide whether this is most appropriate intervention.

If you are a professional making a referral on behalf of someone else, then please contact us and ask for a Positive Parenting Support Referral Form, complete this and return it to us. We will then arrange for a practitioner to discuss the referral with you.

T: (00 357) 2596 3609 **E:** contactuscyprus@forcessocialwork.com

WHAT HAPPENS FIRST?

Once your referral is accepted, a trained practitioner will contact you to make an appointment to tell you more about Positive Parenting, answer any questions, and gain a more detailed understanding of the presenting behaviours/difficulties.

HOW DOES IT WORK?

The model works by building on current skills and encouraging consistent use of the Positive Parenting strategies. You will work with your practitioner on the identified issues at regular sessions (these could be face to face or online – usually 1 hour) for up to 10 sessions. Sessions consist of discussions on Positive Parenting strategies and how to use these. You will be asked to record and observe your child's behaviour and their responses to the strategies. You will be also asked to monitor and feedback on your own responses to your child's behaviour.

DOES IT COST ANYTHING?

No, the service is free of charge to entitled members of the BFC community.

CONFIDENTIALITY

Things that you discuss with the practitioner will not be shared with anyone unless you say it is OK. However, sessions are recorded on BFSWS' confidential recording system regarding the main points covered in the sessions and you may be specifically asked if information can be shared with others as part of working with BFSWS.

You will always be informed of who will see your information and your consent will be sought specifically in relation to what is being shared and to whom.

You will be aware that there is always a limit to confidentiality and that if there are safeguarding concerns raised during the work with you, the practitioner has a duty to share this information with safeguarding professionals.

FURTHER INFORMATION

Should you wish to find out more, please contact us on the following details:

T: (00 357) 2596 3609

E: contactuscyprus@forcessocialwork.com

**BFSWS
E Block
Episkopi
BFPO 53**

T: (00 357) 2596 3609

E: contactuscyprus@forcessocialwork.com

W: www.forcessocialwork.com

IN PARTNERSHIP WITH



BFSWS
BRITISH FORCES SOCIAL WORK SERVICE