

Strengthening Families Programme

Newsletter

For any family living in Perth & Kinross with young people in Primary 6 & Primary 7

Do you recognise any of these, which can sometimes cause stress?

- 'Squabbling Siblings'
- 'Mum where's my gym kit'
- 'I need money for the school trip'
- 'Hey Dad, I need a lift to football. I'm really late'
- 'It's my phone I need my privacy'
- 'Look at the state of that room, you're not going anywhere'
- 'You don't understand me'

The *Strengthening Families Programme* is a 7 week programme that helps families with young people in P6 & P7 to prepare for their teenage years.

Becoming a teenager can be a challenging time for young people and parents alike.

The *Strengthening Families Programme* is proven to support both parents and young people through this exciting time of change, helping them to achieve greater success when they move on to secondary school.

The programme looks at age-appropriate parental expectations, positive parent-child relationship, empathy with parents' stresses and strategies, positive goal-setting and planning, supportive family involvement, youth reflective skills, peer refusal skills, strategies against risk-taking behaviours

What happens?

As a family you attend one session each week for 7 weeks.

The sessions are held in the evenings.

Each week you will learn by...

- taking part in fun activities
- sharing discussions
- watching informative DVDs

What about dinner, child-care, transport and does it cost?

A light meal is provided at each session

Crèche facilities are available for brothers and sisters

Transport can also be arranged

The programme is **FREE!**

WELCOME

The *Strengthening Families Programme* (SFP) is a nationally and internationally recognised parenting and family strengthening programme for general population families.

SFP is an evidence-based family skills training programme found to significantly improve parenting skills and family relationships, reduce problem and risk taking behaviours in children and to improve social skills and school performance.

Young persons' confidence and self-esteem builds as parents strengthen bonds with their children and learn more effective parenting skills.

Historical Background

The original 14-session evidence-based SFP was for high-risk families with children aged 6 to 11 years (SFP6-11) and was developed and tested in the mid-1980s by Dr. Karol L. Kumpfer on a NIDA research grant with children of substance-abusing parents.

Subsequent randomized controlled trials (RCTs) have found similar positive results with families in many different ethnic groups. Both culturally-adapted versions and the core version of SFP have been found effective with African-American, Hispanic, Asian, Pacific Islander and First Nations families. SFP is in 36 countries.

In the early 1990's, Drs. Kumpfer and Molgaard, Co-PIs on an Iowa State University grant, developed a shorter 7-session version for low-risk families with pre and early teens (SFP10-14). In the 2000's new 14-session versions for high-risk families with both younger children (SFP3-5) and early teens (SFP12-16) were developed by Drs. Kumpfer and Whiteside and replicated in multiple agencies in the USA and Europe with better results than the research RCT studies.

(Kumpfer, Greene, Whiteside & Allen, 2010, Kumpfer, Xie, & O'Driscoll, 2012; Magalhães, C. & Kumpfer, K. L, 2015)

The Story So Far

Started delivering in November 2014

50 trained SFP facilitators across the Communities Planning Partnership

3 trained Polish SFP facilitators delivering a Polish version

Up to summer 2017 :

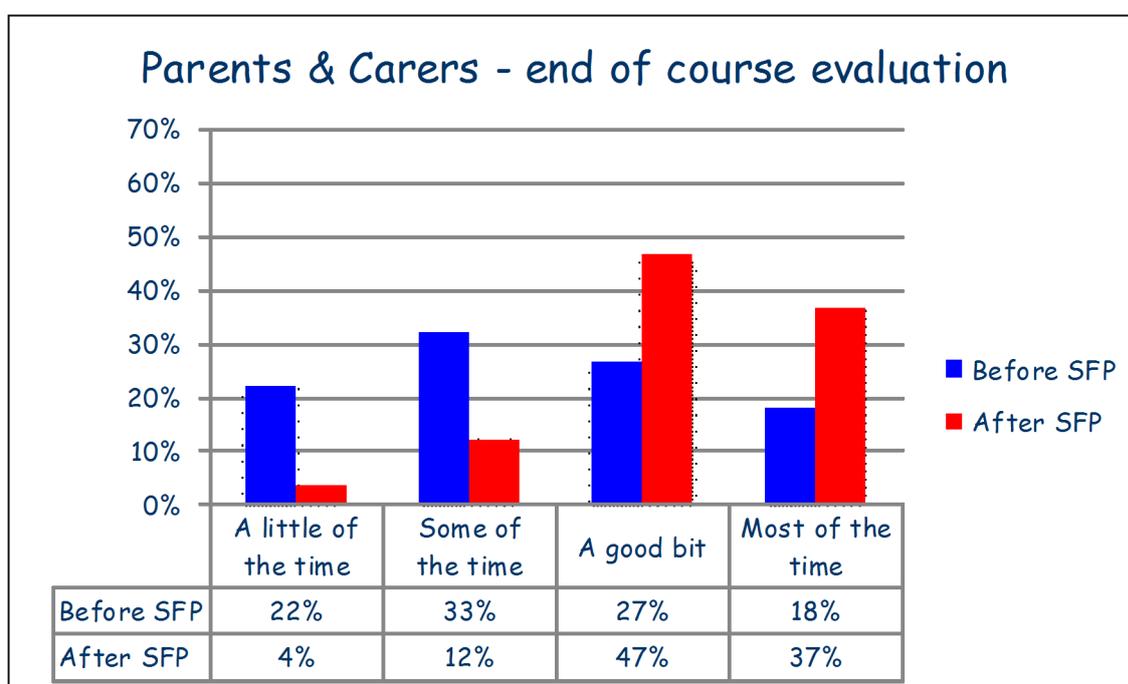
29 SFP programmes delivered

163 families have taken part in the programme

215 Parents & Carers and 209 Young People have attended a SFP

165 Parents/Carers and 157 young people have attended a SFP

Average of 7.5 families per group



Impact/Outcomes... Qualitative comments

ADULTS

- (75%) taking time to listen to their child and seeing things from their perspective
- (44%) a better understanding of how to set boundaries using rewards and consequences
- (25%) to spend more time together and work together as a family
- (25%) remembering to stay calm when they get upset

YOUNG PEOPLE

- (47%) a better understanding of how to handle peer pressure
- (41%) to better appreciate their parents, siblings and family
- (29%) the importance of avoiding risk-taking behaviours