

# Parents who recently completed **Strengthening Families** said they learned...

"It's important to set limits and follow through with consequences, but this can be done in a way that shows love. I now have a toolkit of things to try with my children."

"I've enjoyed sharing views with the other parents and spending time together on the course with my 10 year old, picking up lots of tips and valuable advice as well."

"How to interact better with my daughter and really listen to her point of view. It has brought us closer together."

"To show more compassion, set boundaries, have family meetings which are going well."

"I have enjoyed spending time with my daughter and talking openly. I have learned that I can use many different ways to deal with bad behaviour without shouting or getting stressed."

"How close it has brought us and I've taken lots of different ideas away that I've put in place at home, which seem to be working - making our house feeling less stressful at home."

"I can use the strategies with all of my children aged 15, 13, 10 and 9."

"To appreciate her as the lovely girl she is and help her through issues that arise as she grows up."

"To listen to my child more, to try harder to see things from her point of view and to include her in family decisions."



# Young people who recently completed **Strengthening Families** said they learned...

"I learned that rules are important in a family."

"Think about goals for the future and how to achieve them."

"I learned how to handle peer pressure, how to take part in a family meeting, what's important in life and to stay away from bad friends."

"I really enjoyed spending time in the group with my dad."

"I learned things that will help me when I go to secondary school."

"That parents have to tell you off to keep you safe."

"Being able to see things from my parents point of view."

"Not to take drugs, not to smoke, not to spray-paint houses."

"Never give up when working towards your goal."

"Learning about the family tree, mum telling me things I didn't know about my family."

