

AfriKindness Parenting with Purpose

A PARENT TRAINING PROGRAMME



Helping families
connect, live and thrive



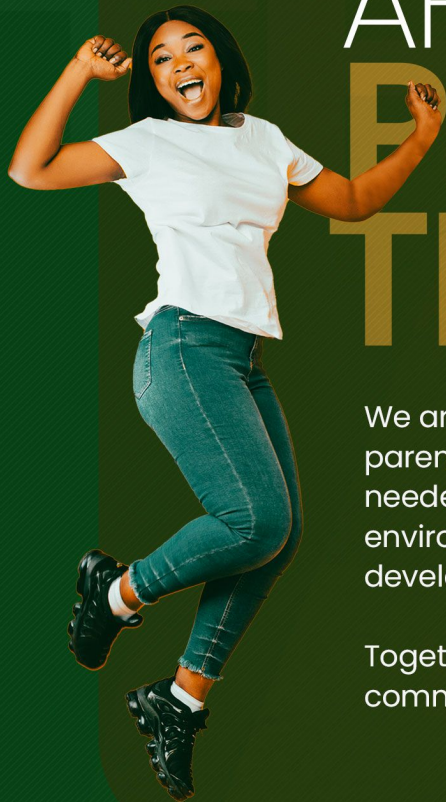
AfriKindness

EMBRACE THE JOY OF PARENTING

CONNECT.
LIVE.
THRIVE.

CONNECT. LIVE. THRIVE

AFRIKINDNESS PARENTS TRAINING



We are dedicated to equipping and empowering parents with the knowledge, tools, and support needed for positive parenting, fostering a nurturing environment that contributes to the holistic development of children and young people.

Together, we aim to build resilient families and communities.



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HOW CAN WE HELP?

1. Training – our sessions are free for parents and carers. Registration ongoing.
2. Support and advice from our parenting experts – you will get free access to international parenting experts assessed through our Parent Web App.
3. Bespoke Support – you will be able to talk to us about what support you need for yourself (as parents) or for your child (ren).
4. Free Leadership Academy & Training for your child (ren) – as a registered participating parent in our training programme, your child(ren) will be enrolled on our KIDS Academy programme – FREE. Find out more on our website.
5. Free access to parent resources, network with experts and other parents.
6. Be the first to know and have access to our conferences, and events for parents.

For more information on any of these services
please email: trainings@afrikindness.org

Please register your interest for parenting with purpose training a week before the course start date. Participant numbers will be capped and places are offered on a first-come, first-served basis. Further details of the parent conference will be shared with the cohort.



AFRIKINDNESS
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OVERVIEW

At Afrikindness, children are at the heart of everything we do. It is well documented that our young people are facing challenges more pronounced in this digital age. Particularly worrying is the increase in poor mental health and behavioural problems among young people and the lack of support available.

According to NHS digital report, one in five children and young people in England aged 8 to 25 had a probable mental disorder in 2023. Recent research carried out by the University of Cambridge found that people who experienced warm and loving relationships with their parents early in life, not only tended to have fewer mental health problems during early childhood and adolescence but also displayed heightened 'prosocial' tendencies such as kindness and empathy towards others. All parents desire to raise well - adjusted, responsible and resilient children.

Competent and supportive parents have the most positive impact on the growth and healthy development of children.

The Parenting with Purpose Training course will provide parents with foundational concepts, practical strategies, and communication skills necessary to help parents foster a nurturing home environment that promotes the healthy development of their children. Attendees will gain valuable insights in to child psychology, child development, effective communication, emotional intelligence and more.

This training will also be particularly helpful to parents from underrepresented communities to help them integrate their cultural values with positive parenting techniques in a way that bolsters the developmental journey of their children and nurtures a deep-seated sense of cultural pride and self-worth.



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<https://bit.ly/AfriKindnessParentTraining>



AfriKindness

GOALS

Parents will:

1. Understand the impact of generational and cultural patterns on current parenting.
2. Learn effective communication techniques to strengthen parent-child relationships.
3. Manage challenging behaviours with curiosity, empathy and kindness through Positive Discipline.
4. Understand a child's nervous system, brain and emotional development.
5. Utilise playful parenting as a tool to build parent-child connection.
6. Learn the importance of self-awareness and self-care in effective parenting.
7. Learn emotional regulation and co-regulation.
8. Receive support from a community of like-minded parents and experts.



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Specifications

Target Audience:

This training is open to up to 100 parents including:

1. New parents looking for guidance on parenting best practices.
2. Experienced parents seeking to update their parenting style.
3. Caregivers, including grandparents and childcare providers.
4. Parents from diverse communities - ethnic minority.
5. Educators who wish to support students' development through effective communication with parents.

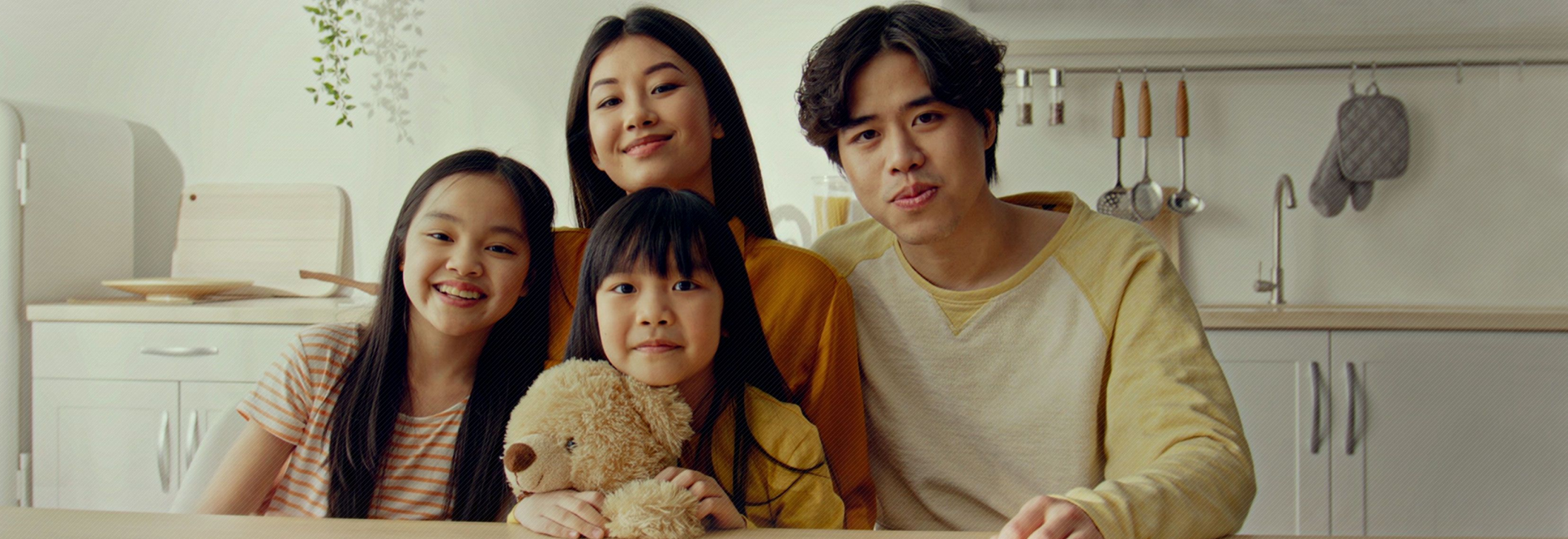


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GOALS





We are thrilled to introduce our Parent Training Program, a pivotal initiative aimed at fostering a culture of empathy, understanding, and positive communication within families.

Recognizing the profound impact parents have on shaping a child's character, this program underscores the significance of nurturing kindness at home.

By providing valuable insights and practical tools, we hope to empower parents to create environments that promote emotional intelligence, resilience, and inclusive values.

Together, through the AfriKindness Parent Training Program, we are building a foundation for compassionate communities and fostering the next generation of empathetic leaders.

WELCOME ONBOARD!



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EXCLUSIVE OFFER

TRAIN WITH US AS A PARENT AND UNLOCK COMPLIMENTARY KIDS LEADERSHIP ACADEMY FOR YOUR CHILD!

Our Kindness In Development Stages (K.I.D.S) Academy is a training program delivered to primary (ages 5- 11) and secondary schools (ages 11 – 18) engaging students in critical thinking, self-development, and habit formation. Self-awareness, self-control, and interpersonal skills prepare students for life challenges while also teaching them the core values vital for school, work, and life success.

Unlock Effective Communication to strengthen your bond with your child

Join a Supportive Community: Connect with like-minded parents and expert facilitators, creating a supportive community where experiences are shared, and collective growth is celebrated.

Navigate Challenging Behaviors transforming moments of tension into opportunities for growth.



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PARENTING WITH PURPOSE TRAINING



Foster Playful Parenting:

Discover the joy of playful parenting as a tool to build a strong parent-child connection

Prioritize Mental health, Self-Awareness and Self-Care:

Recognize the importance of self-awareness and self-care in effective parenting, ensuring you can be the best version of yourself for your child.

Understand your child's development:

Explore the intricacies of your child's nervous system, brain, and emotional development, enabling you to provide targeted support

COURSE DURATION AND DELIVERY METHOD

March, June, September, December

Location:

Leeds, United Kingdom

Method:

Online + In-Person

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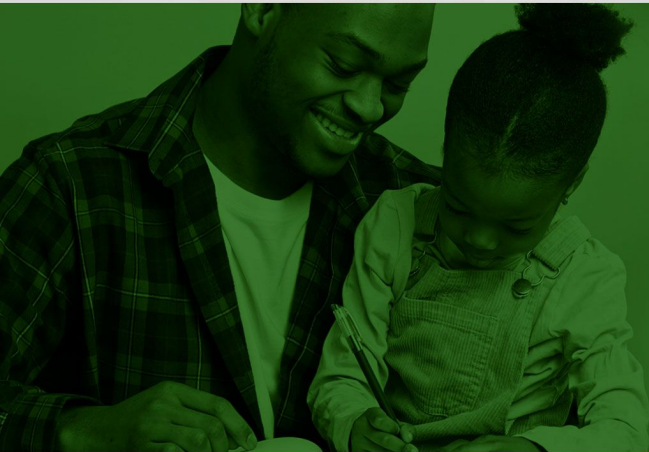
REGISTER TODAY!

THERE WILL BE A MIXTURE OF

- INTERACTIVE PRESENTATIONS
- GUEST EXPERT SPEAKERS
- DISCUSSIONS AND
- Q&A SESSIONS

Within each workshop, the cohort will be split into smaller groups in breakout rooms to allow for peer-to-peer support and the sharing of experiences.





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COURSE OUTLINE

1.

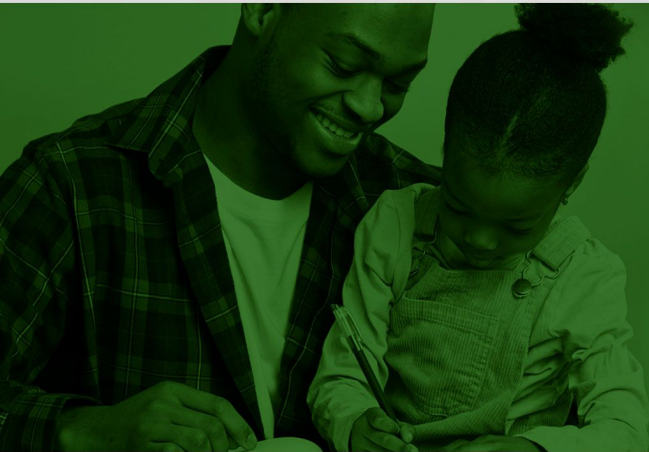
Introduction to Parenting with Purpose and Intention Setting

1. Overview of the Parenting with Purpose principles - (focuses on fostering a positive and respectful relationship between parents and children while prioritizing open communication, empathy, and nonviolent conflict resolution)
2. Discussing the long-term positive impact on children and their development.
3. Exploring the unconscious influence of cultural and generational patterns.
4. Setting realistic goals and intentions.

2.

Reframing 'Bad Behaviour' and Effective Communication

1. Choosing curiosity over judgement when interacting with our children.
2. Using empathy to look beneath challenging behaviours.
3. An overview of child and brain development to help parents see their child more accurately.
4. Active listening, empathetic responses and the art of holding space for your child.
5. Alternatives to harsh punishment and leaning into positive discipline.



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COURSE OUTLINE

3.

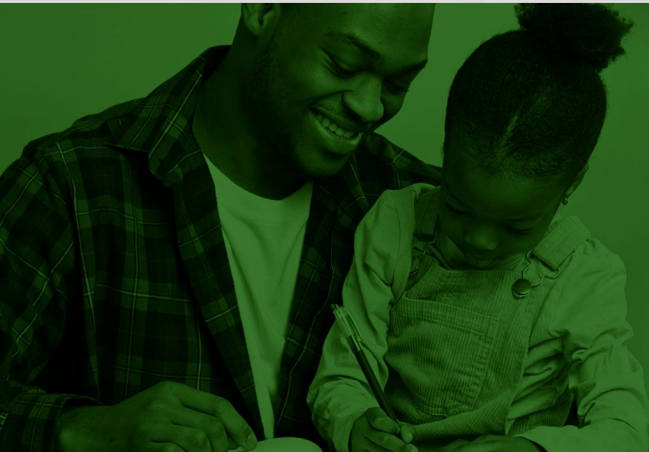
Emotional Intelligence & The Power of Play (in-person workshop)

1. Exploring the 4 elements of emotional intelligence - awareness, labelling, expressing & communicating.
2. Being in touch with our own emotions as parents and how to respond appropriately to our child's emotions.
3. How to use age-appropriate play to bring more joy, connection and fun to your parenting.

4.

Emotional Regulation and Co-Regulation

1. Understanding the neuroscience behind emotional responses.
2. Identifying triggers and stress responses in both children and adults.
3. Techniques for managing personal emotions: Mindfulness, deep breathing, and more.
4. The importance of self-care in maintaining emotional balance.
5. Role modelling: Demonstrating emotional regulation in front of your children.



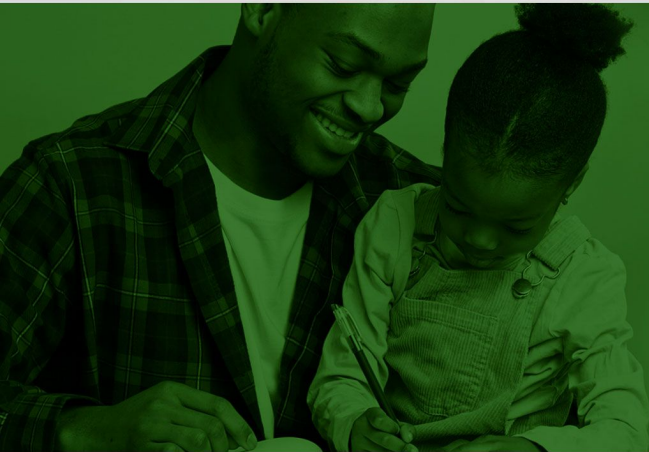
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COURSE OUTLINE

5.

Review, Reflect and Celebrate (in-person workshop)

1. Bonus: Mental Health Training.
2. Self-care Training.
3. Social Services: Young People in care.
4. Parent World Cafe (Networking opportunities), Offers, Resources etc
5. Course review, reflection and insights gained.
6. Revisit initial intentions set and celebrate small wins.



PARENT TRAINING PROGRAMME

COURSE MATERIALS

To be provided during the course are:

1. Comprehensive course workbook for journaling and reflection
2. List of recommended reading, videos and resources
3. Access to a parenting app for ongoing support and discussion

Upon successful completion, participants will receive:

1. A certificate of completion.
2. Expert coaching for the child/ren of the attendee.
3. Access to our Parent Web App.
4. Ongoing 1:1 support and coaching.

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COST OF THE
AfriKindness
Parenting
with Purpose
TRAINING PROGRAMME



AfriKindness

16

FREE





**KICKSTART
YOUR
PARENTING
TRAINING
JOURNEY
HERE**



AfriKindness

Scan to Register



<https://bit.ly/AfrikindnessParentTraining>



trainings@afrikindness.org



www.afrikindness.org

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