



PARENTING WITH PURPOSE TRAINING

WWW.AFRIKINDNESS.ORG

01

INTRODUCTION TO PARENTING WITH PURPOSE

- A. 5 principles of Parenting with purpose
- B. Parenting styles

02

CHILD DEVELOPMENT

- A. Child brain development
- B. Executive function development
- C. Attachment: The Blueprint for Stress + Relationships

03

CONFLICT RESOLUTION, EMOTIONAL REGULATION AND STRESS MANAGEMENT

- A. The Brain's Stress System Built in Childhood
- B. The 4-Step Conflict Resolution Model

04

CULTURALLY RESPONSIVE PARENTING

- A. Cultural values, intergenerational trauma, shock, and impact on parenting styles

05

WORKING WITH PROFESSIONALS

- A. Understanding roles of key services
- B. Awareness of parental rights under the Children Act 1989
- C. Introduction to trauma-informed practice.

06

PARENT-CHILD RELATIONSHIP - REUNIFICATION TRAINING

- A. Strong parent-child relationships
- B. The power of repair - rebuilding connection after conflict



Welcome to the **Parenting with Purpose programme (6-week)** - an empowering journey designed to strengthen your confidence, deepen your understanding, and support you in creating a safe, nurturing environment for your child.

Training Sessions 1-4 form the foundation of the programme, equipping parents with essential insight into child development, emotional regulation, and effective parenting approaches. **Training session 5** supports parents to better understand and work effectively with professionals involved in their child's life. It focuses on building confidence, improving communication, and knowing their rights. **Training session 6** focuses on strengthening the relationship between parents and their children as the foundation for positive development and behaviour.

This programme demonstrates meaningful engagement in parenting support and aligns with key statutory safeguarding frameworks, including Section 17 and Section 47, as well as Working Together to Safeguard Children (2023 & 2026).

It is particularly effective in supporting improved outcomes for children while helping families meet safeguarding expectations in a practical and culturally responsive way. **Register now to begin your journey with us.**



With a background as a former Assistant Educational Psychologist and educational advocate for looked-after children, she brings both strategic insight and hands-on experience in improving outcomes for families. She specialises in supporting parents and schools to adopt trauma-informed approaches and child-friendly Cognitive Behavioural Therapy (CBT) strategies, helping children manage anxiety, build resilience, and improve engagement at home and in education. Combining lived and professional experience, Adwina delivers the *Parenting with Purpose* programme with a compassionate, culturally responsive approach, ensuring parents are equipped with practical tools while keeping the child's voice at the centre of every interaction.

Training

SESSION 1- 6

SESSION

1

PARENTING WITH PURPOSE

The programme aims to strengthen parenting capacity, enhance reflective functioning, and support parents to build emotionally secure and stable family environments. Session 1 of the Parenting with Purpose programme provides a robust foundation for parents to begin meaningful transformation in their parenting approach. The session combines emotional education, cultural awareness, reflective exercises, and practical tools to support safe, nurturing, and developmentally appropriate parenting. The information below outlines the content covered, expected learning outcomes, and its relevance to parents who may be involved in Child in Need, Child Protection or Family Court proceedings.

- Strengthening parental insight, which is crucial in assessing risk, understanding impact on the child, and improving parenting capacity.
- Promoting non-violent, emotionally attuned approaches to discipline, reducing the risk of harm and promoting safer parenting practices.
- Encouraging reflective functioning, a key component often assessed in parenting assessments and psychological evaluations.
- Supporting parents to recognise and interrupt harmful generational patterns, replacing them with healthier, connection-based practices.
- Providing evidence of engagement in structured parenting support, which is frequently requested in Child Protection Plans, Public Law Outline (PLO) processes, or Family Court directions.

CHILD DEVELOPMENT

Session 2 strengthens parents' understanding of child development across physical, cognitive, language, emotional, social and moral domains. Parents learn that development is non-linear and influenced by environment, trauma, relationships and neurodiversity. The training emphasises that behaviour is a form of communication and that children's capacity is usually behind adult expectations. Parents explore how attachment, early brain development, executive functioning, adversity and resilience shape behaviour and emotional regulation. These insights help parents respond more appropriately, avoid misinterpreting developmental behaviours as defiance and make safer, more nurturing parenting decisions. Session 2 equips parents with developmentally informed understanding, supporting safer decision-making and reducing the likelihood of responses linked to safeguarding concerns

Legal Framework

- Enhances parental capacity to recognise developmental delays or impairments relevant in Section 47 significant harm enquiries.
- Supports Section 17 duties by improving understanding of children's needs and reducing escalation to statutory intervention.
- Aligns with Working Together 2023 requirements for developmentally informed and emotionally secure care.
- Helps prevent harmful or punitive discipline based on misinterpreted behaviour, reducing safeguarding risk.
- Demonstrates meaningful engagement.

SESSION

2

SESSION

3

CONFLICT RESOLUTION & EMOTIONAL REGULATION

Session 3 supports family focusing on emotional regulation, accountability, safe parenting, and family repair. Strategies to prioritise emotional safety by using calm, non-escalating responses to conflict, particularly when the child displays resistance, withdrawal, or challenging behaviour

- The Brain's Stress System Built in Childhood
- Attachment | Childhood and nervous systems
- What emotional regulation actually is for parents
- The 4-Step Conflict Resolution Model
- Personal action plan and Reflections

Session 3 teaches parents about emotional regulation, the stress response cycle and conflict resolution. Parents explore how trauma, attachment and early experiences shape automatic reactions such as fight, flight, freeze or fawn. The session provides practical tools—including grounding, breathing, safe exits and repair strategies—to help parents de-escalate conflict and maintain emotional safety at home. By learning co-regulation, emotional accountability and non-violent communication, parents improve their ability to respond calmly and consistently, reducing emotional risk to children and increasing family stability.

CULTURALLY RESPONSIVE PARENTING

Session 4 is about Culturally Responsive Parenting – Navigating Traditions, Discipline, and Communication and the Impact of Cultural values in Parenting styles. Cultural values, intergenerational trauma, shock, and impact on parenting styles from African or diverse cultural context - Children's cultural identity is preserved in ways that remain safe and appropriate within the UK context.

- Practical Examples, Scenarios and Case studies

Legal Framework

- Addresses key indicators of emotional harm assessed under Section 47, including exposure to conflict, dysregulated parenting and unsafe discipline.
- Meets Working Together 2023 multi-agency standards for emotional safety, conflict reduction and trauma-informed parenting.
- Supports Section 17 aims by improving emotional stability, reducing household conflict and preventing escalation into child protection.
- Reinforces the UK's legal prohibition on physical punishment, guiding parents toward lawful, holistic parenting practices.
- Demonstrates active participation in structured intervention.

SESSION

4

WORKING WITH PROFESSIONALS

This training supports parents to better understand and work effectively with professionals involved in their child's life. It focuses on building confidence, improving communication, and knowing their rights.

- Understanding roles of key services such as Children's Services, CAMHS, and the Police, and how they support child safety and wellbeing
- Clear explanation of Child in Need (CIN) and Child Protection Plans (CPP) and what is expected from parents
- Awareness of parental rights under the Children Act 1989, including the right to be informed, consulted, and access information
- Introduction to trauma-informed practice, helping parents understand behaviour and responses (their own and others')

The training aims to help parents feel more informed, empowered, and able to work in partnership with professionals.

SESSION

5

SESSION

6

PARENT-CHILD RELATIONSHIP & REUNIFICATION

This training focuses on strengthening the relationship between parents and their children as the foundation for positive development and behaviour.

- Understanding why strong parent-child relationships matter for a child's emotional security and development
- Recognising that behaviour is communication, and looking beyond actions to understand a child's needs
- The power of repair – rebuilding connection after conflict to strengthen trust
- Awareness of how parental conflict impacts children and the importance of managing disagreements safely
- Understanding parental triggers and how emotions can affect responses to children
- Learning co-regulation – helping children manage their emotions through calm, supportive adult responses
- Using strength-based parenting, focusing on a child's positives and building confidence rather than just correcting behaviour

The training helps parents build more positive, consistent, and emotionally supportive relationships with their children.

How is it delivered?

- 6-week structured programme
- Available online and face-to-face
- Interactive sessions with practical tools and guided reflection

Referral & enrolment

Open to self-referrals and professional referrals (e.g. schools, social workers, early help teams).

Certification

Participants receive a certificate of completion to evidence engagement in structured parenting support.

Register Now! Join the next cohort of Intentional Parents.



Contact:-

www.afrikindness.org

info@afrikindness.org