

10 Steps , REPORT from Turkey

Family training program aims to help parents gain the appropriate parenting skills and attitudes in accordance with the development and age level of the child and raise awareness about the disabled in addition to increasing the ability of making effective parenting.

The program consists of sessions held regularly each week . The program takes fourteen weeks. In each session, the previously determined topic is discussed by the active participation of the attendants. Furthermore, trainers organize family visits each week after the first month of the program. In addition to this, there are social activities such as going on picnics and breakfast . While determining the topics, the social, biological, cognitive and language development of the children.

Training Topics

1. Parents attitudes
2. Communication Barriers and Effective Listening Skills
3. Self Expression Skills
4. Effective Communication Skills
5. Behaviour Change Methods
6. Basic Habits
7. Physical and Sexual Development
8. Cognitive Development and Language Development
9. Social Emotional Development and Self Development
10. Life Events
11. Children's Rights
12. Spending Time with Child and Playing Games
13. Raising sensitivity for the people with special education needs

We aimed to develop the communication between the parents and the child in a positive way through family training program. We organized both educational and social activities affecting the quality of their interaction and family environment, and parental attitudes positively in order to reach our goal. Thus, we were able to change some misconceptions of parents right. The topics were related to their physical, biological, social and individual qualities. For instance, health, sexual relations, having spare time with children by reading. These activities helped them interact with each other during training sessions, and then the parents had the responsibility to apply their knowledge they got during the courses at home. In addition to this, the parents had to organize family discussion sessions at home about the topic learned each week by using the method of conflict and resolution. Thus, the parents and children had a great time and their relationship got better through these activities. At the end of the training session, the participants were asked to share the spare time activities they wanted to do at home or outside home with their children related to the topic such as going to the cinema each week . They stated their ideas and they were written on the assessment sheet to share their experience with their classmates the following week.

