

Appendix 1

Comments and feedback

- Participants said that they had learned strategies for managing behaviour – Choices and Consequences was particularly popular.
- Parents expressed a better understanding of the importance of empathy and how it helped to understand the child's need behind their behaviour. Kindness and praise were also mentioned and how they had contributed to a much nicer, less stressful family environment.
- Understanding their own experience of being parented was also mentioned as being helpful in making choices and decisions to do things differently.
- One father, in particular, who struggled to manage his son's behaviour and would resort to shouting said that using some of the strategies he had learned, particularly listening for the emotion behind his child's behaviour said that his relationship with his son weekends has really improved as a result of course.
- With Domestic Abuse interventions participants gain an in-depth understanding of the dynamics and impact of DA on women and children within the home... with many tears and 'lightbulb moments'.
- Parent comment on Freedom program it 'is fantastic as it has set her free and helped her to let go of the guilt' She also told us that she was 'always angry, before but since attending Freedom is much calmer 'about everything'.
- One participant who is currently in an abusive relationship stated that she had been talking with her social worker about the safety plan to leave the relationship with her 6-month-old baby, as she can now see that they are both at risk of significant harm.
- 17-year-old young person, NEET with extreme mental health difficulties that resulted in him being sectioned earlier this year. EET caseworker drew together a professionals meeting to put a safety plan in place for this young person that enabled him to access training provision with support in place as well as training provider feeling supported to help this young man with any mental health difficulties impacting on his training and know who to call if further help needed. This young person is still with the training provider and is about to embark on a level 3 qualification.
- 17-year-old who had had an EHCP at school that had since ceased following his leaving college. Worked with parent and SEN team to have EHCP reinstated and found support via Yellow Submarine to also help young person build confidence and access social activities; now has an apprenticeship.

Comments from parents:

- 'The difference in my relationship with my two boys is amazing, we have lots of fun together, and I now really listen to them when they are talking to me about their worries'.
- 'I feel a lot better and calmer about myself now, I know I have a way to go, but really feel I am making lots of progress. The mood in my house is a lot calmer now'.
- 'I will miss looking forward to Monday mornings, I didn't really want to come to the course, but I am glad I did, and came every week'
- 'I've changed the way I speak to my daughter and am now getting a much better response. Then because of that better response, I treat her better and we are much happier'
- 'I've been able to step back and make changes'
- 'She tells me I'm a great mother now, that she can see the difference since I came on the course'.
- 'I'm listening now.'
- 'I know what battles to pick now... I don't give her and me any more stress than we really need'
- 'I understand the teenage brain a lot more... I can communicate with him better because I'm thinking about that'.