

The 'Being a Parent' Course

What is EPEC?

Empowering Parents, Empowering Communities Being A Parent Course is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours training to deliver EPEC courses

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents

Who is it suitable for?

Any parents or carers of children aged under 12 are welcome to join



Our course offers an early, low-level intervention, empowering parents to improve communication, behaviour management, family dynamics and parent-child relationships



Parents are supported and encouraged to try new parenting techniques each week and share the outcomes with other parents

Course Content

Welcome Week

- Getting to know each other

1. Being a Parent

- Self Care
- Good enough vs Perfect Parent

2. Feelings

- Expressing, acknowledging and accepting feelings

3. Play

- Child-led play

4. Valuing my child

- Avoiding labels
- Descriptive praise

5. Understanding behaviour

- Needs behind behaviour

6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no



7. Listening

- Reflective listening
- Open vs closed questions

8. Review and Support

- Reviewing content



How is it delivered?

The Being A Parent course is 2 hours a week for 9 weeks (except school holidays)

Courses can be delivered in person based in school or delivered online via Teams

What Next?

After completing the course you may want to train to become a volunteer Parent Group Leader yourself and deliver the 'Being a Parent' course to parents just like you!



[Click here to watch our EPEC summary video](#)

General EPEC enquiries: epec@nottsc.gov.uk