

Introduction to SFSC Parenting Course

strengthening
families
strengthening
communities

A six-week online course with weekly facilitated group discussion

The Introduction to SFSC online course has a focus on reducing parental conflict. It is evidence-based and provides a mixture of self-study and group work discussion. The course is suitable for all parents and carers of children aged 0 to 18. **Three courses are available for parents of children from birth to five years old, six to eleven years old, and 12 to 18 year olds.**

SFSC online course provides parents with :

- A safe space to reflect on values, culture, and parenting style
- Techniques to build stronger parent-child relationships
- Positive approaches to managing behaviour
- Tools for managing stress and maintaining emotional well-being
- Age-specific strategies for parenting children aged 0–6, 7–11 and 11–18
- Ideas for creating routines, consistency and structure at home
- Support to build long-term connections with other parents and local services



The course consists of six online modules and a weekly facilitated group discussion. The individualised online sessions are released one at a time on a weekly basis (so over six weeks) and take around one hour to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include, video content, scenarios, drag and drop activities, quizzes and other interactivity. Parents also receive a digital parent manual.

Participants also attend a weekly one-hour online group discussion at a time selected by them (they will have a range of options and this will include sessions in the evening) facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to:

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

What is the cost?

This course is free for any parent living, working or studying in a local authority who has purchased an annual licence. Contact us if you are not sure if your area holds a licence.

If your authority does not have an annual licence, individual places can be purchased for £150.00

How will parents sign up?

If you are working with a co-parent or carer who you think might benefit from the course, please support them to register for the course here: [Stronger Relationships courses – Strengthening Families, Strengthening Communities](#), or via the QR code below. Parents can also self-refer.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.



For further information contact the **SFSC team at sfscparent@racefound.org.uk**