



# Personalised Individual Parenting Training (PIPT)

## We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

Place2Be is proud to offer Personalised Individual Parenting Training (PIPT) to parents and carers who are looking for advice and guidance on how to interact with their children, and manage behaviour of concern. This training can help improve parents and carers' relationship with their child.

### What is parenting training?

Parenting training works by coaching parents and carers in how to interact more positively and to parent more effectively.

Place2Be offer parents and carers 6-10 sessions, along with their child, during which they can learn new skills, with the support of a trained practitioner, and then go home and practise.

**“Doing the PIPT intervention has engaged the parents and got everyone working together - home and school - to support Zoe. She's definitely doing better now.”**

Teacher

**“We'd read books and tried various strategies before, but we were a bit erratic. Doing PIPT has given us a structure, and now we understand that it's important to be consistent.”**

Parent

Parents and carers know their child best, so this is a collaborative process. Parents and carers build on things that they are already doing well, and are coached in six key skills to help understand and manage their children's behaviour more effectively. This hands-on, practical training can have profound effects, and usually rapid and positive changes are seen in the relationship between parents and carers, and their children.



\*Names have been changed to protect identities

## The basic principles of parenting training

Much of a child's difficult behaviour is learned. Therefore, behaviour of concern can also be unlearned. We can improve children's behaviour by:

- increasing their friendly and co-operative behaviour;
- decreasing their unfriendly and uncooperative behaviour.

So, catch your child being good and give them lots of attention and praise!

## There are two phases to Place2Be's Personalised Individual Parenting Training (PIPT):

### Phase One - Child Led

---

The first stage in the parent training process is child led. This aims to increase your child's friendly and co-operative behaviour.

This child led phase helps parents and children to have a warm relationship and parents to manage their children's behaviour.

### Phase Two - Parent Led

---

In the second part of the programme, you will learn skills that will decrease your child's undesirable behaviour.

You will learn how to get your child to do the things that you tell him/her to do, and stop doing the things that you find undesirable.

Once you have learned and practised these skills in your sessions you will use them at home and feed back at the next session.



# Jessica's story



"Taking up Place2Be's offer of Personalised Individual Parent Training (PIPT) was the best decision I made to help my son Kai and I to get a better bond. I didn't realise I'd had such a traumatic time in my life just before and after having Kai. I had lost my brother-in-law suddenly who I was very close to during the pregnancy, and my son was born prematurely so I couldn't hold him in my arms for weeks. I was on my own as my husband worked away at the time and I had no family in a new city.

"Talking to Place2Be about my whole life, from childhood to now, helped me realise that everything wasn't my fault, and that I wasn't a bad mum like I kept telling myself I was. I also buried everything deep down in myself so I could just carry on with daily life. Things weren't right and I longed for a better bond with Kai like I have with my eldest son and my baby girl.

"Doing these meetings every week helped so much to get back what was missing with me and Kai, not only did it help us, it helped my whole family to get a much stronger bond too. I've learned so much from the meetings that I also tried some of the techniques with my little girl and I've found it's worked really well. When I started this course, Kai and I were scoring a one out of 10 on our PIPT Goal Progress Chart, and at the end we were scoring 10 which makes me so proud of us both, as we have both made changes to help us get back the lovely bond we have now.

"Thank you for this opportunity it's been a pleasure working with Place2Be. I would highly recommend this course to anybody who feels like their struggling, it's worked out amazing for us."

## More information

To learn more about Place2Be's Personalised Individual Parenting Training (PIPT), please speak to:

[ruth.filmer@place2be.org.uk](mailto:ruth.filmer@place2be.org.uk)



\*Names have been changed to protect identities