



# Who's In Charge?

## A Positive Parenting Course for Calmer, Happier Families

### What is "Who's in Charge?"

"Who's in Charge?" is a supportive and empowering 8-week course designed for parents and carers of children (typically aged 8–18) who display challenging, violent, or controlling behaviours at home.

### What Will You Learn?

Each week covers a different theme, including:

- Understanding power and control in family dynamics
- Managing guilt and shame
- Setting clear boundaries and consequences

### Who Runs the Course?

The course is delivered by trained facilitators with experience in supporting families through complex challenges. Sessions are interactive, confidential, and grounded in real-life strategies that work.

Your Lead Practitioner can refer you onto the course.



**BURY FAMILY HELP SERVICE**

### This course helps you:

- Understand what's driving your child's behaviour
- Regain confidence in your parenting role
- Learn practical strategies to set boundaries and stay calm
- Build a safer, more respectful home environment

### What Will You Learn?

- De-escalation techniques and self-care
- Rebuilding relationships and communication

### Who is it for?

This course is for any parent or carer who feels overwhelmed, intimidated, or unsure how to respond to their child's behaviour. You are not alone –and this course offers a safe, non-judgmental space to share, learn, and grow.

### What Parents Say:

"I feel like I have permission to be secure in my own self, decisions, approach. The self-blame seems to have dwindled away."

"There has been behaviour scenario discussions which have enabled a positive approach."

"The realisation to stay calm, be clear and less obviously emotional, be clear about what is needed and what I want."