



Empowering parents to be positive parents – a strengths-based approach



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Working together towards positive parenting

How do you empower parents to be positive parents?

Empowering Parenting – The Golden Rule

*Treat parents the way you
would like them to treat their children*

Working together towards positive parenting



Empathise
Energise
Empower

**PARENTING
SUPPORT
CHAMPIONS
PROJECT**

Empathise



Energise



Empower



Engage



Take a moment to think about your own practice



- When have you managed to empower, energise and engage parents?
- Discuss with person next to you

Positive and practical evidence-based parenting and mental health programmes



Parents Plus Programmes www.parentsplus.ie
Parenting articles www.solutiontalk.ie