



R3-Version Parenting Parenting in the 21st Century

R3-Version is a unique programme designed to help you through the challenges that come with parenting today. Whether it is perplexing, challenging or complex behaviour or external influences that your child is experiencing, being on the R3-Version programme makes the difference you seek.

R3-version equips parents and carers with different knowledge, skills and understanding to support you as you develop a happier and healthier relationship with your child, especially where your child's behaviour might be changing.

The programme is led by experienced facilitators who support you to better understand and manage yours and your child's emotions and behaviour.

R3-Version Parenting is an online programme which uses a unique blend of taught content and collective learning based on trauma-informed and attachment-based principles. R3-Version is an impactful course made up of four taught modules and eight small group coaching sessions.

Groups of parents/carers come together for two evenings a week to learn from the facilitators, and from each other. In this process, you'll find the tools and mechanisms to reflect on parenting, where your parenting assumptions come from and learn R3-Version approaches to parenting that are appropriate for your family.

We know that such work takes time to master and implement. Our work isn't crisis support - we're focused on helping you to achieve medium/long-term, impactful change. We recognise the strengths of each parent and carer and we work collaboratively to build on these, so you can learn what works best for you and your child.

We are flexible to meet the needs of participants, ensuring accessibility and understanding. While academically robust, the programme operates as a 'real-life' programme where participants can apply their learning immediately.

R3-Version Parenting helps you to:

- Understand where your child's behaviour is coming from,
- Reduce sources of conflict between you and your child,
- Communicate with your child in a way that really works,
- Increase compassion for yourself and for your child, and thereby begin to improve trust,
- Manage your stress as a parent so you can remain regulated, and
- Improve your confidence as a parent/carer.

For more information, please get in touch by email at programmes.manager@friends4wellbeing.com.

The Programme

Self or professional referral for main carer



Assessment process



'Meet and greet'



2 x 4hr. sessions of taught content delivered by experienced practitioners:

- The language of trauma and neuroscience
- Help-seeking behaviours (attachment theory)
 - Trauma-informed engagement models
 - Post-traumatic growth



8 small group 2 hr. coaching sessions to put theory into practice



'Graduation'