

## Level 3 Award in Work with Parents

### Unit 303 - Family Dynamics, Parenting Styles

#### Unit Aims

This unit is about enabling participants to help parents in their parenting role to recognise the ways in which parent/child relationships can be affected by a wide range of factors.

This unit is of benefit to:

- Schools and other settings' staff working with/supporting parents
- Any staff working with parents, schools, early years settings, youth service, PVI

NB: This is a 1 day course, with an option to undertake some home study and portfolio building to gain accreditation.

#### Learning Outcomes

There are four key learning outcomes to this unit:

- Understand factors which can affect the parent-child relationship
- Understand how to help parents to consider influences on parenting and their effects
- Understand how to work with parents to use knowledge and awareness of influences on parenting
- Understand how to reflect on own practice in enabling parents to consider influences on parenting and the parent-child relationship.

#### Intended Impact:

- To provide staff working in schools/settings with the underpinning knowledge and understanding of factors which can affect the parent-child relationship including family structures, functions and dynamics.
- To provide staff working with parents with the knowledge, understanding and practical skills to identify and demonstrate how to support parents to identify influences on their parenting and their effects.

#### Prerequisites

#### Recommended Reading Materials:

- The Six Stages of Parenthood, Ellen Galinsky
- How Children Learn, Linda Pound
- Child Development, an illustrated guide, Carolyn Meggitt
- Child Development 6 to 16, Penny Tassoni

(wider list available)

#### Unit: 303

This unit provides 6 credits towards an Award (12 credits) or Certificate (30 credits) in Work with Parents.

#### Credits: 6

This unit is about enabling participants to help parents in their parenting role to recognise the ways in which parent/child relationships can be affected by a wide range of factors.

#### Assessment

This unit will be assessed by:

- Candidate portfolio of evidence
- Course specific assessment

## Enable parents to reflect on the influences in parenting and the parent-child relationship

### Outcome 1: Understand factors which can affect the parent-child relationship

The learner can:

- Explain the importance of acknowledging and validating parents' experiences
- Explain the variety of family structures which may be encountered in work with parents
- Explain societal expectations of the function of the family and parental roles and responsibilities
- Explain the effects that social, cultural and economic factors may have on parenting
- Explain ways in which the family links with the wider community and the positive and negative effects these have on parents and children
- Explain the principles of family dynamics and how these may influence parents
- Explain the effects of gender expectations on mothering and fathering
- Explain how parents' own experience of being parented and of being a child may affect their parenting
- Explain the effect of stress on parenting
- Explain the effects of different parenting styles on the parent and child relationship

### Outcome 2: Understand how to help parents to consider influences on parenting and their effects

The learner can:

- Explain and demonstrate how to assess parents' awareness of influences on their approach to parenting
- Explain and demonstrate how to support parents to identify cultural, social, emotional and financial influences on parenting
- Explain and demonstrate how to support parents to identify how their personal values, beliefs and experiences influence their approach to parenting
- Explain and demonstrate how to support parents to identify how the level and extent of their children's needs influence their parenting
- Explain and demonstrate how to support parents to identify the effects of different parenting styles and approaches on children
- Explain and demonstrate how to support parents to identify the effects of different parenting styles and approaches on children
- Explain how parents may obtain information on parenting

### Outcome 3: Understand how to work with parents to use knowledge and awareness of influences on parenting

The learner can:

- Explain and demonstrate how to support parents to identify their parenting strengths and personal experiences that will support effective parenting
- Explain and demonstrate how to enable parents to identify challenges to their parenting capacity and factors which influence them
- Explain and demonstrate how to enable parents to develop strategies for adapting their parenting styles
- Explain and demonstrate how to support parents to take a graduated approach to change in their parenting style
- Explain and demonstrate how to enable parents to identify ways of reviewing the effectiveness of the strategies

### Outcome 4: Understand how to reflect on own practice in enabling parents to consider influences on parenting and the parent-child relationship

The learner can:

- Reflect on own practice in enabling parents to consider influences on parenting and the parent-child relationship, identifying strengths and areas for development

## More Information

If you require any further information about this unit, please visit [www.familymatters.org.uk](http://www.familymatters.org.uk)