

Who's In Charge?

Who's in Charge? is a 8 week child to parent violence programme aimed at parents whose children are being abusive or violent toward them or who appear out of parental control. The first part of the programme aims to change parental attitude, and in particular reduce blame, guilt and shame. The second part of the programme explores the use of consequences to change unwanted behaviour. This has similarities to the content of mainstream parenting programmes, but there are important differences. The third part of the programme supports parents to make changes within the home while working on a few advanced topics; anger; assertiveness; self-care.