

# iCAN FOR PARENTS AND iCAN FOR DADS

*Amity*  
welcome to the  
relationship revolution

Amity's iCAN for Parents and iCAN for Dads are structured resources for practitioners to provide one-to-one, guided support for parents and carers of children aged 0 to 19. These resources aim to enhance parenting skills, boost confidence, and foster self-esteem, focusing on a stronger relationship between parent and child.

iCAN equips you with a versatile, easy to use resource to guide parents through their unique challenges. It ensures that every intervention is tailored to the parent's needs, offering a holistic approach to family wellbeing.



## THE iCAN JOURNEY

The sessions includes six structured sessions delivered at the parent's pace. Each session helps parents:

- Reflect on their role as a parent or carer.
- Understand and manage their feelings and emotions.
- Develop practical strategies to strengthen family bonds.
- Create a positive, supportive environment for children to grow up healthy and happy.

## Core Features and Benefits



### Solution-Focused Format

- Uses relatable, accessible language.
- Encourages self-reflection and personal growth.



### Goal Setting and Action Planning

- Parents set achievable goals and create actionable plans which are proven to aid in behaviour change and emotional regulation.



### Dedicated Time for Parents

- Provides a safe space to discuss their parenting journey with a trained practitioner, offering support in navigating challenges and managing family stressors.



### Assertive, In Control and Nurturing Parenting

- Helps parents balance assertiveness with nurturing approaches whilst feeling in control as a parent.
- Focuses on emotional awareness and effective communication.



### Flexible Integration

- Complements existing local parenting resources.
- Sessions are personalised to meet individual needs.

# THEORY OF CHANGE:

## iCAN for Parents and iCAN for Dads

