ICAN FOR PARENTS AND ICAN FOR DADS



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

GOAL:

To enhance parenting skills, boost confidence, and foster self-esteem, focusing on a stronger relationship between parent and child.

INPUT:

- Resources and activities invested to implement the program.
- Locally used parenting resources and support frameworks



OUTPUTS

- Direct results of the activities delivered. Parents complete the six-session program
- Personalized parenting strategies developed
- Enhanced awareness of strengths and challenges

ACTIVITIES:

- Key actions carried out to engage and support parents
- Deliver six structured sessions tailored to individual needs
- Facilitate self-reflection, goal setting, and action planning

LONG TERM IMPACT

- Ultimate impact and sustained benefits for families and children.
- Healthier, happier family environments
- Children develop positive memories and stronger emotional wellbeing well-being and family cohesion.

OUTCOMES

- Increased self-awareness of parenting style and challenges
- Improved confidence in parenting skills
- Reduction in parenting-related stress
- Behavioural and relational changes resulting from participation.