



SPACE (Supporting Parents and Children Emotionally)

SPACE is a new offer for professionals working with parents and carers that does not replicate any other parenting intervention currently available in Cornwall.

Building on current trauma informed training and practice already being delivered across the county SPACE provides an accessible, flexible toolkit of high-quality resources for professionals, enabling them to work with groups of parents and carers. The programme aims for parents and carers to: gain an understanding of the impact of early life experiences on themselves as parents and on their children, learn to see behaviour as a form of communication, and look at the causes and triggers of behaviours and develop strategies for building resilience in themselves and their children.

SPACE is a relationship-based delivery model which actively advocates and promotes working in partnership alongside parents. Supporting parents and carers to recognise the impact of adult behaviours on children, and how they can develop the protective behaviours to support both themselves and their children. Core to the programme is enabling each participant to be freed of the myth that they are defined by their experiences, but rather there is always capacity for change.

A universal programme intended for all parents, SPACE supports in the building of knowledge and learning that promotes a good understanding of both children's and adult's emotional health, wellbeing and behaviour and how life experiences can influence this. With particular emphasis on the maintenance of positive emotional, mental health and wellbeing for the whole family, SPACE also providing parents and carers with take away strategies to implement at home.

Once trained, facilitators will be able to deliver a 5-week education programme to groups of parents/carers offering practical activities and insights into the neuroscience behind trauma, attachment theories, toxic stress responses and why protective factors are important.

Addressing topics such as:

- Biological Stress responses
- Impact of ACEs and trauma
- Attachment theories and nurturing parents
- Understanding behaviour and resilience
- Protective behaviours
- Child development milestones
- Managing difficult emotions
- Importance of self-care and nurturing children
- Healthy relationships