

Many emotional and learning difficulties experienced in school and later life stem from a lack of parental knowledge about children's innate physical and emotional needs. Without an understanding of innate needs and their importance, we cannot expect parents to ensure their own are being met, let alone their children's. The consequences are all too plain to see: a fifth of children arrive in school emotionally disturbed and rates of mental illness in young people are rising. As every child really *does* matter, support for parents is vital – every parent matters too.



In 2006 two parenting specialists, Carmen Kane and Linda Hoggan, both graduates of MindFields College, created a team that designed and trialled a human givens programme for supporting parents, now called Human Givens Parenting Pods. At the heart of this programme is helping parents learn about the innate physical and emotional needs we all share, in ways that they can directly relate to. Guided by the pod leaders they then explore how this is connected to mental health, wellbeing, behaviour and childhood development.

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Human Givens Parenting Pods

Just what we need



Milton Keynes Council supported the initial project by financing the programme and paying for research into its effectiveness. This research revealed a deep hunger for practical psychological knowledge among these parents and also showed how their awareness, self-esteem and confidence improved dramatically by taking part. Many parents who joined the initial trials were young mothers experiencing depression. After becoming part of a parenting pod the overall rating for emotional wellbeing in the group leapt up for all participants, quickly lifting them out of depression and transforming their lives. And they all acknowledged a huge benefit to their children from using the knowledge and skills they had gained.

Word about just how successful these first trials were is already getting around and now other local councils, all over the country, want to set up HG Parenting Pods, organised and run by fully trained and accredited HG practitioners.

If you work for a multi-agency service and would like to know more about HG Parenting Pods, or are an individual wishing to train as a 'pod leader', please call Human Givens Services on **01323 811690** to find out more.

" Your mood rubs off on children. If you're happier and more confident, they will be. Now my son keeps asking me: 'Mum, why are you so happy?' "

FEEDBACK AT THE END OF THE COURSE FROM A PREVIOUSLY VERY STRESSED-OUT MOTHER

" This should be called a therapy group. It has done more for me in 5 weeks than 2 years of counselling. "

FEEDBACK FROM A YOUNG MUM AFTER WEEK FIVE OF THE TWELVE-WEEK COURSE. SHE HAD BEEN SUFFERING FROM SEVERE POSTNATAL DEPRESSION.

