

# Hand in Hand Parenting With Madeleine Winter Courses

## Because every parent deserves support

**HAND IN HAND PARENTING** offers practical tools to help support relationships within and around families. Rather than seeking to control or “train” children, our approach is based on how much children look to us for love and want to be close and connected. We offer concrete, parent-tested *Listening Tools* for building, strengthening and repairing the adult-child connection and helping parents build the support they need in order to parent well.

We offer courses running between 3 and 6 weeks. These courses introduce the *HandinHand* approach to common parenting challenges. Three week courses can easily be extended longer. Please see our web site <https://madeleinewinter.com> for more information.

### LONGER COURSES

**BEING THE PARENT YOU WANT TO BE** – 6 weeks: We cover *HandinHand* approach as it applies to parent’s specific concerns and challenges. Our aim is to help parents

- understand their children’s behaviour as growing out of a need for connection;
- focus on building connection between adult and child; and
- understand how to set limits to build connection;
- build a network of support for themselves through structured listening within the group, and parent-to-parent peer listening practised in class.

**HAND IN HAND PARENTING CLASS** – 6 weeks: Offering a structured introduction to all 6 of the **HandinHand Listening Tools**. It is supported by optional online access to comprehensive course materials and videos (an additional fee applies). Parents are encouraged to try the *Listening Tools* at home and share their experiences in class. For parents with extra challenges, this course works best extended over 10 or 11 weeks, allowing for introduction of theory one week, and discussion the next.

**PLAYING AT PARENTING** – 6 weeks: provides a more ‘hands-on’ introduction, organised around two Play Events where parents are coached in using adult-child *Listening Tools* with their children. This group is best done as a follow-up to one of the above courses.

**HAND IN HAND SKILL BUILDING** – An on-going class for parents familiar with the approach, assisting them to develop parent-to-parent *Listening Partnerships*, and provide mentoring as they apply the *Listening Tools* at home. For as many weeks as you like!

All our courses are especially effective when combined with one-one Parenting Consultations, providing very individualised instruction and mentoring.

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## SHORT COURSES

We offer a range of short courses on common parenting topics, which can be run over three or five weeks.\* Topics covered include:

- “WHY WON’T THEY DO WHAT I SAY?” – Setting Limits and Building Co-operation
- TEARS, TANTRUMS AND OTHER TROUBLES – Understanding Children’s Emotions
- HITTING, BITING AND PULLING HAIR – Helping Children with Aggression
- TAMING SIBLING RIVALRY
- “IT’S TIME FOR BED NOW!” – Helping Children Sleep
- “WILL YOU PLAY WITH ME?” – How Play Builds Children’s Confidence
- “I HAVE TO LEAVE NOW!” – Solving Separation Anxiety

In all our courses, we introduce relevant adult-child *HandinHand Listening Tools*, and parents are offered an opportunity practise the adult-adult *Listening Tools* in class. We use video, audio and written materials which parents may also access outside class.

Courses are offered by way of a series of 2.5 hour classes. Numbers are strictly limited to allow time to address the particular issues of each participant, and hear from them about using the *Listening Tools* in their families.

Children are welcome in child-focussed events, such as Playing at Parenting Play Events, but otherwise, we do not have children at our events, and childcare must be provided in a separate space.

We are also more than happy to develop courses tailored to meet the particular needs of your community of parents and carers.

\* Our experience it that these courses work best spread over 5 weeks (i.e. meeting fortnightly). This gives parents a better chance to try to Listening Tools between classes

Madeleine is an accredited *HandinHand* Instructor. She was lucky to be introduced to *HandinHand* many years before becoming a parent and has been working with families using the approach for over 20 years. Witnessing how her child used these *Listening Tools* from the beginning inspired her to share them more actively with other parents and carers. She has worked with hundreds of families, both face-to face and via conference calls and online. Based in Western Sydney, she enjoys working with a range of culturally and socio-economically diverse families, including with fathers. Her work is based on that of [www.handinhandparenting.org](http://www.handinhandparenting.org), where she is part of the teaching team for the Instructor Certification Programme.