



More Secure Kids was developed by PLUS within the City of Stockholm in cooperation with the boroughs of Spånga-Tensta and Hägersten-Liljeholmen.

# You matter!

More Secure Kids is a programme that provides support and guidance to parents.

Being a parent is an important and challenging job. Some days or periods in life are more difficult than others. At these times, it can feel hard to be parent. Support and help from More Secure Kids can make a big difference to the family.

### You are not alone

Parents know their children best. But it is still sometimes hard to avoid conflicts at home. When they happen, parents often feel unsure or inadequate. More Secure Kids is a course that will help you manage difficult situations in a calmer way and have more positive one-on-one time with your child. This will lead to fewer conflicts.

### How is everyday life for you?

The contents of More Secure Kids are focused on everyday situations that most parents find difficult. What do you do when you get angry at your child? What do you do when your child gets distressed and defiant? How can you improve the odds that your child will listen to you? How can you have more positive one-on-one time together even though life is sometimes stressful and uncertain?

More Secure Kids is based on parents' own examples to provide concrete advice on handling anger, stress, arguments and difficult situations.

### THIS IS MORE SECURE KIDS

More Secure Kids is a course for parents. The contents provide tools for strengthening the parent/child relationship and reducing the risk of conflicts. Parents are also given help managing their own feelings, such as anger and stress.

The course consists of six individual sessions. Each session has a specific content that parents and therapists work through together. There is also an option to follow up the meetings and for the therapist to meet with the child a couple of times.

More Secure Kids is based on research into the methods that work to improve the parent/child relationship. The course is a further development of the Comet parental support programme.



# Contents

## Session 1 – One-on-one time

The first session deals with increasing positive interactions between parents and children.

## Session 2 – The Attention Principle and STOP(P)

The second session is about focusing on what works. We also go through what you can do to keep calm as a parent.

## Session 3 – Preventing conflicts

Session three is about preventing conflicts and becoming more clear and consistent as a parent. We do simple exercises based on everyday situations.

## Session 4 – Refusing conflicts

What battles can you refuse to fight? Simple examples of what you can do instead of nagging and shouting at your child.

## Session 5 – Keep calm

All parents get very angry sometimes. When this happens, it is a good idea to have a strategy for handling it.

## Session 6 – Review of More Secure Kids

In session six, we review the most important points of the course and plan for the future.