



WHAT ARE MULTI-FAMILY GROUPS IN SCHOOLS?

- for parents and children experiencing social or emotional struggles in the classroom and possibly also at home
- for both parent and child
- aims to improve your child's learning experience in school and support you with their emotional well-being both at home and at school
- run by a member of the leadership team in the school and a multi-family group specialist from Bristol Family School (CIC).
- meet each week for 2.5 hours
- work together to engage and support each other, share difficulties, encourage change and offer hope, observe and challenge patterns, share strategies and explore new behaviours
- fun activity each week as well as time for discussion and refreshments
- targets for children jointly agreed with parents and teachers and reviewed each week
- opportunity to take part in the evaluation of the group via an external researcher
- commit to attending the group for 10 weeks, with an option to continue in the next group
- support to attend group available e.g. interpreters, child care, travel needs

My child is a lot better, and I think that's due specifically to some of the very good activities that (the facilitators) have done. There was a story activity that usually he'd be like, 'I hate writing, I'm not doing that', but they all got involved and he absolutely loved it and he's still using that in class. There was a similar game and a taking turns thing and I thought, actually, they have made a difference, and he is more open to trying new things.

I learnt that I've just had more confidence to share ideas around people

he's liked the time with us and in the group and has really bonded with everyone, and that's really made him happy and has made me able to get him out of bed in the morning

My son's behaviour was quite difficult beforehand, but one thing I noticed when we were doing the group was that there was a lot more support, a lot more communication with his class teacher, so that's always great, you know, because I've got more of a picture, and I can help him more because there can be consequences when you do that sort of thing. So yeah, I've noticed a lot more meetings to discuss his tricky days or highlighting his good days, so that was great

I like that you got to make stuff with your parents and have a fun time

I think this group has been really fun and it's helped a bit with everything. With my emotions, with coming to school. We used to have goals we set, and it would help because I could feel like I could reach them.

Multi-family Groups in Schools



BRISTOL
FAMILY
SCHOOL

Looking for ideas to help your child in school?



Join our new parent and child group
with expert support from Bristol Family School

To find out more, contact the school office
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