



The Strengthening Families Programme (SFP)

Information for families

What is the Strengthening Families Programme?

- SFP is a 14 week skills-based programme for families with children or teenagers to help build positive relationships.
- It was developed in the USA in 1982 and can now be found in more than 35 countries.
- It is a 3 skills programme that focuses on parent skills; child/teen skills; and family skills.
- Families of all different shapes and sizes can apply to the programme. Any adult who takes a parenting role with a young person can be considered a “parent”.
- **Extensive research has found that** found that families experience a lot of improvements and benefits:
 - **Parent Skills** : Increases positive parenting skills and confidence; monitoring and supervision
 - **Child/Teen Skills**: improves communication, problem solving and anger and behavioural control.
 - **Family Skills** improves family attachment/bonding, harmony, communication, organization, family strengths and resilience.

SFP in Ireland

Since 2008, SFP has been offered in Ireland, starting in Cork and then expanding across different counties. The programme has been completed by over 300 families in Ireland.

HOW DOES MY FAMILY APPLY?

- Please check our website www.sfpcouncilireland.ie to find an SFP near you.
- Your SFP area may provide a programme for teenagers (12-16 years) or for children (6-12 years) or both.
- Your local SFP Site Coordinator can answer any questions you may have.

WHAT HAPPENS ON AN SFP DAY?

- SFP usually takes place in the evening time (approximately 6pm – 8:30pm).
- Transport and childcare can be provided if needed.
- Dinner is provided for all families.
- An SFP Team, made up of local agencies and volunteers will support you and your family in your SFP journey. Parents and teens are divided into groups and are assigned Group Leaders.
- Other families will also take part in SFP over the 14 weeks.
- The Site Coordinator will discuss policies around confidentiality, health and safety, sharing of information, etc.
- On completion of your 14 weeks, there is a fun graduation ceremony for all the family!

What do Families Say about SFP?

- “Strengthening families has helped me so much to deal with teenagers in a better way”
- “I have a better relationship with my child”
- “When we’re angry, we don’t shout, we talk”
- “Coming here made it easier to talk about issues”

SFP SKILLS

Parents/Guardians:

- Encouraging good behaviour
- Family meetings
- Communication skills
- Handling peer pressure
- Managing Stress
- Problems solving & giving direction
- Setting Limits

Teens (12-16 years):

- Speaking and listening
- Staying cool in conflicts
- Speaking up for yourself
- Being who you want to be
- Problems solving
- Coping with criticism and anger

Children (6-12 years):

- Speaking and listening skills
- Problem solving
- Parents Practice
- Childs Game
- Recognising Feelings
- Understanding Rewards

Family Skills:

- Communication and family meetings
- Goals and Objectives
- Problem solving and giving directions
- Family Values
- Empathy
- Managing Anger



National SFP Council of Ireland

The National SFP Council of Ireland is a nationally representative inter-regional group of organizations involved in the management and delivery of SFP across Ireland. You can contact us on 01 8832142 or through our website www.sfpcouncilireland.ie for further information or questions.