Top Tips for Completing Flip Charts

A week by week guide to the flip charts required for each session can be found at www.henry.org.uk/groupprogrammeinfo/facilitators

We ask you to return 4 flipcharts (or photographs of them if that's easier) along with the other programme paperwork at the end of each programme:

- **Boosting our batteries** (Week 2)
- **Descriptive guidance and praise** (Week 3)
- **Family reward systems** (Week 3)
- **Giving children choices** (Week 5)

When pooling ideas with parents to complete flipcharts, please welcome all ideas from the group, write up all in parents’ own words, and use lots of empathy and open questions to build on parents’ strengths, experiences and existing knowledge. Here are some tips for each flip chart:

- **Boosting our batteries** (Week 2)
  Encourage all ideas, healthy or not so healthy. Add some ideas yourselves, both healthy and not so healthy – this encourages the group to be honest and think creatively. If parents don’t suggest any ideas which involve physical activity, such as going for a walk or a run or dancing, then add some of these yourself, and make sure there are some ideas which involve emotional support, such as ringing a friend. When you’ve gathered lots of ideas, please discuss with the group and then colour-code or circle which ideas are less healthy or not so helpful in the long run (such as too much chocolate, alcohol or screen time)

- **Giving children choices** (Week 5)
  Make sure you discuss as a group an example of a choice where safety is concerned, such as crossing the road. No choice would be Hold my hand now. Too much choice would be Would you like to hold my hand? And Guided choices could be Would you like to hold my left hand or my right hand? or Would you like to hold my hand or get into the buggy?

The other three flipcharts are all completed in Session 3. This session covers a lot of ground, and the topics are quite complex and emotionally sensitive, but the group will benefit greatly from open and honest discussion and sharing of ideas. Give yourselves an extra reward for facilitating this demanding session!

- **Descriptive guidance and praise** (Week 3)
  Groups often find it quite tricky to find the words to express in a positive way why they want a child to do something and then why they are praising a child. It might be helpful to use the prompt “And why?” if suggestions of guidance and praise are made without adding description. Give some examples of saying ‘Come and do … so that you/we can then do …’ and then ‘Well done for doing … now we will be able to…’ (for example ‘Please come and get in the bath, so that we will have time for a bedtime story’ and then ‘Well done for getting in the bath straight away, now we will have time for a bedtime story’). This example links the praise to the guidance and helps children feel clear about what is expected of them. It would probably be useful to already have some examples of your own that you have thought about before the group.
• **Reward systems** (Week 3)
  Sometimes parents will come up with an idea, such as “going out on a trip” which may be useful as a one-off family reward, but is different from an idea for a collective family reward system which builds and reinforces positive behaviours over time. Keep reminding the group that collective reward systems:
  - use small tokens that children can give to adults and each other as well as adults to children and to other adults
  - are non-competitive and involve the whole family without focusing on one particular child
  - are an end in themselves, not a means to an end such as an outing or new toy

Using rewards in this way can feel challenging initially for parents. For support with this see our separate Top Tips for Rewards at [www.henry.org.uk/groupprogrammeinfo/toptips](http://www.henry.org.uk/groupprogrammeinfo/toptips)

Be enthusiastic about reward systems yourself and suggest some creative ideas. Model using an interesting reward system throughout and beyond Week 3, and use it frequently and generously. Creating a farmyard or a zoo with some small model animals on a mat is often a popular idea (adults seem to like it too!) or create a simple seasonal picture such as spring flowers, a beach scene or fireworks to add pictures or stickers to. Model giving frequent low-key rewards and encourage group members to reward each other for any ideas or contributions to discussion.

If your group comes up with an innovative collective reward system, we would love to hear about it!

Below is an example of a Reward Systems chart: