

Smart Start Project Case Study

Case Study Title

Inspiring Futures Parenting Programme

Background

What is the background to the case study?

J is a mother to a 2 year old and was a self-referral due to her acceptance that her bond with her child was affected due to the unplanned nature of her pregnancy with a new partner following the trauma of a recent separation from her husband.

Activity

What was involved? Who? Where?

J attended the Inspiring Futures programme weekly for 10 weeks at a Children's Centre.

Outcomes

What were the outcomes or learning points?

Right from session 1, J was open about her experiences of pregnancy and her personal challenge of coming to terms with motherhood. She made the connections between how her feelings were influencing her actions and how this was playing out in her parenting and in turn affecting her son's behaviour. When facilitated through the sessions that challenge the participants to reflect on the basic needs of children and the attachment styles, J recognised that she struggled to 'enjoy' her son. She met his practical needs but her ability to play with him was hampered by her resentment at having to unexpectedly put her career on hold. She was able to talk about her feelings within the group and formulated some strong supportive friendships with other participants. She went on to report that she had managed to have much needed and honest conversations with her new partner about her feelings and this had led to a breakthrough in their relationship. She felt that by opening up to him he was then better able to support and empathise with her. J made some significant changes as a result of her learnings from the programme. She set personal goals to organise family day outs with her partner and son. She decided to finalise her divorce and look at returning to part time work.

Quote/Testimonial

Feedback given from the individual

J literally felt that her experience on the course was life changing. She had entered into the programme feeling stuck in a rut, isolated and resentful and she left after 10 weeks feeling hopeful for her future. She particularly found the goal setting element of the programme useful and explained how she would stick the handouts onto her fridge to remind her of the things she had wanted to achieve each week. This led directly to her scheduling time in to spend with her child and increased her interaction with him in a positive way. She also felt her whole family unit benefited from her feeling more positive and future focused.