



The Playful Parents Programme is a relaxed 10 week series of workshops enabling schools to support parents in strengthening attachment relationships with their child.

An experienced Therapist shares new skills through playful activities to empower parents and promote good mental health for both children and their families.

What are the aims of the Playful Parents Programme?

Playful Parents uses play as the main learning tool for parents and carers. Our expert Therapists help parents to set up weekly attachment play times with their child at home to develop skills and strategies to understand and cope with all kinds of behaviours. The programme supports parents to increase attachment security with their child which is the foundation of good mental health for children.

Who is the Playful Parents Programme suitable for?

Playful Parents is suitable for parents of ALL children, including those with SEND or undiagnosed difficulties who would benefit from support in strengthening their parent-child relationship.

How does the group run?

The programme runs over 10 weeks and includes additional group sessions at the beginning and end of the process. Each week the session runs for 1.5 hours within the school setting. The group is for between 6 - 8 parents and we provide support for recruitment of parents.

What is the cost?

The course costs £5,000 to deliver. Thanks to generous funding we are able to offer it to your school at the subsidised rate of £3030* for the entire course.

* rates correct at time of going to print

The Process

School commissions Playful Parents Programme. Dates of course agreed with school and Clear Sky. Suitable room allocated for course.



Parent recruitment gets underway. Clear Sky host a coffee morning/afternoon for interested parents at school. Interested parents asked to give details at the end of the session to organise initial intake meeting.



Referral forms completed by school. One to one intake meetings held with each parent. Pre course measures taken (SDQ and TOPSE).



Group sessions commence over 8 weeks. A member of staff from the school are welcome to take part to learn about the process and support parents between sessions.



At the end of the programme, post course interviews are held with each parent individually and post measures are taken to determine positive changes made in the relationship and behaviours of parent and child.



School complete final evaluation form. Clear Sky provide an end of programme report. A follow up 'check in' meeting with parents will be arranged for 2/3 months after the course.



100% of schools rated this programme as 'excellent'



Call us on 01865 362789 to talk to a member of the team about this programme. We'd love to hear from you!



"Working with Clear Sky helps us ensure we have confident, calm and happy children and parents" Headteacher, Oxfordshire