**Early Intervention Parenting Support**

Support for a mother of twin boys. One of the boys was living with his maternal grandmother as his mother had been unable to cope with his behaviour. The son wanted to return to his mother’s care, and she felt ready for this change.

The mother signed up for Take 3 course, eager to learn new strategies and she engaged well with the group. She reported that she has been working on her listening skills, not shouting and giving clear and fair boundaries. In the group, she reflected on her approach to parenting and was able to make changes.

As a result, the mother reports that she feels calmer. She has noticed that the boys are listening to her and respecting her boundaries. She says their relationship and the atmosphere at home has improved.

Feedback from a parent attending a Take 3 parenting group:

“When we first attended Take 3, we weren't sure how the programme would help us as a family. My husband was sceptical and didn't really want to do it however it's been such an amazing experience.

“We've learnt so much about ourselves, our upbringing and how that reflects on our behaviours, and how different terminology can actually reinforce a positive response from our child. We've also been given further support by the facilitators, they really went that extra mile, and our son can hopefully get the additional support he needs, so he can face the challenges ahead

“Thank you Take 3 team, we can't thank or endorse you enough, it’s truly life changing. We are gutted the course is coming to an end, but would implore every parent to do it”.