

# Parent

# Mentoring



A Parent Mentor is a volunteer who meets with families to provide friendly, informal support, encouragement and guidance.



# What do Parent Mentors do?

Parent Mentors provide support to families in a non-judgemental way. They can help parents with relationship and communication difficulties, help build self-confidence, and carry on implementing positive changes. They can also help engage with wider community services.

## Who are Parent Mentors?

A Parent Mentor is a volunteer who understands the complexities of parenting. They have been trained for the role, are DBS (criminal records) checked and benefit from ongoing support and supervision from the Parenting Project.

## Who can benefit from the Parent Mentor programme?

This is available to those who have a parental role and feel they could benefit from volunteer support.

## How can parents access the service?

Parents can be referred by a professional. They need to decide on what a Parent Mentor can help with and how to best use the time together. Self-referrals will also always be considered as appropriate.

## How long and how often?

A parent mentor can support a family for around 2-3 hours per week, for up to 6 months. Parents can withdraw from the arrangement at any time and for any reason.

## **A Parent Mentor promises to:**

- Listen
- Encourage
- Communicate honestly
- Be committed to the role
- Be reliable
- Be non-judgemental
- Maintain confidentiality at all times (except when there are concerns that someone is at risk of harm)

## **Some of the things that a Parent Mentor can help with:**

- Parenting challenges
- Emotional wellbeing
- Confidence
- Isolation and loneliness
- Aspirations



Parent Mentoring is a great way to feel valued and part of a team, gain new skills and meet new people. It is an opportunity to give back to the community.

If you think you have the skills and time to support a family, and would like to be considered for a parent mentoring volunteer role, we would love to hear from you. Please contact our Parent Mentor Lead:

**07958 487544 / [parentmentors@parentingproject.org.uk](mailto:parentmentors@parentingproject.org.uk)**



**The Parenting Project offers a pathway of support which includes Family Wellbeing Support, Counselling and Parent Mentoring.**

To find out more about any of our services or to sign up to our newsletter, visit our website **[parentingproject.org.uk](http://parentingproject.org.uk)**

You can also find us on **Facebook** under 'Parenting Project' please 'like' our page to receive regular news and updates.

