

What do parents say?

“I’ve learned that I’m not a bad parent and that it’s okay to set boundaries with my children.”

Feedback from participants in Oregon, USA

“GenPMTO helped my partner and me come together as a team and support each other.”

Feedback from participants in Oregon, USA

“They made it easy for me to use these skills with my daughter.”

Feedback from participants in Oregon, USA

How do I get involved?

Simply ask professionals (e.g. GP, teacher, social worker) in your local authority for more information.

Chat to us

Questions? Why not get in touch. We're here every step of the way.

E: GENPMTO@barnardos.org.uk

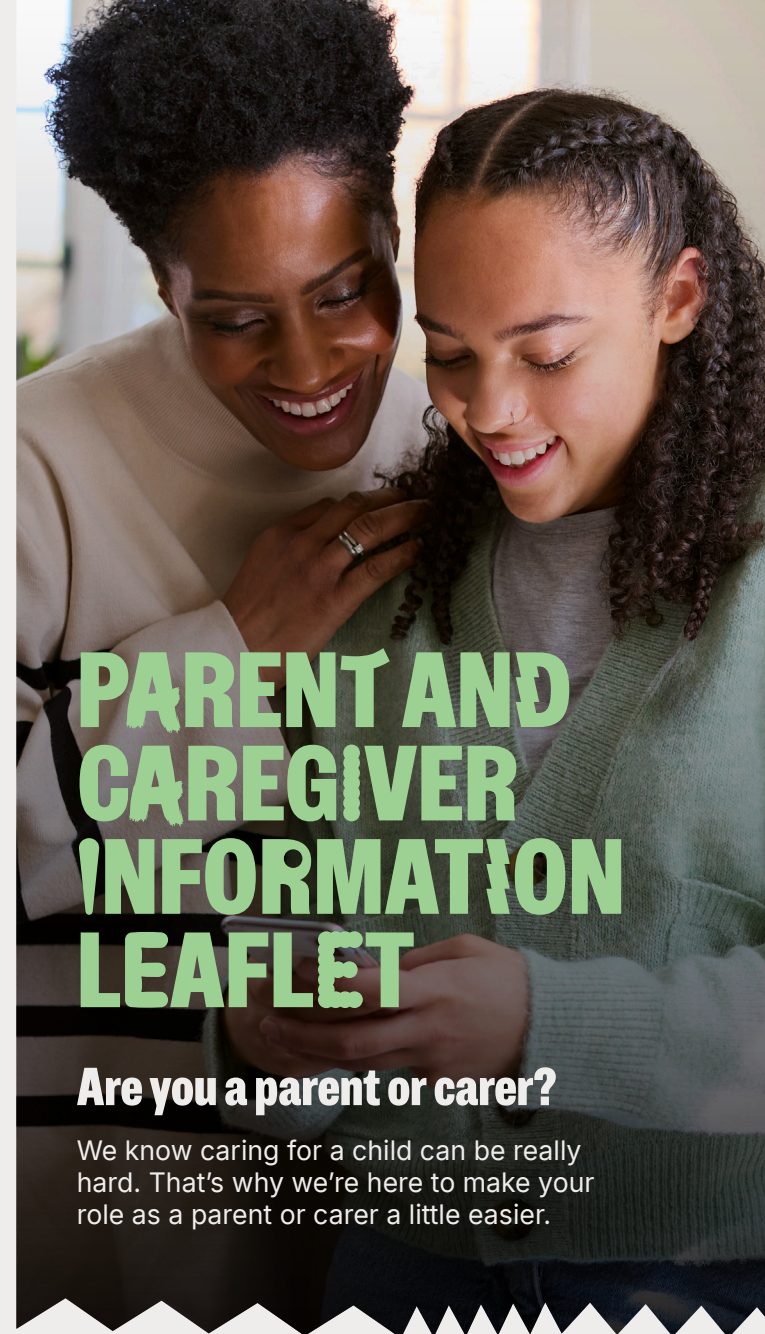
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Barking & Dagenham

Brent



Barnardo's Registered Charity Nos. 216250 and SC037605 24985dos24



PARENT AND CAREGIVER INFORMATION LEAFLET

Are you a parent or carer?

We know caring for a child can be really hard. That's why we're here to make your role as a parent or carer a little easier.



What is Generation Parent Management Training Oregon (GenPMTO)?

It's a programme from the US designed to help parents strengthen their families. We're here to provide you with the tools you need to navigate behaviour challenges and nurture positive growth in your children, so you can help them thrive.



8-14
year olds



What can I expect?

- Choose between 'online' or 'in-person' sessions.
- Sessions are interactive and last 14 weeks.
- Learn practical parenting skills that foster cooperation and positive social behaviour.

14-Week
programme



Is GenPMTO for me?

- Do you have a child aged between 8 and 14?
- Does your child live or go to school in Brent, Barking and Dagenham, or Tower Hamlets?
- Are you worried about your child's behaviour or potential involvement in serious youth violence?