

Participant Information Leaflet:



What is Generation Parent Management Training Oregon (GEN PMTO)



An exciting programme coming to the UK for the first time!

Generation Parent Management Training Oregon (GEN PMTO) is a US-developed, evidence-based intervention designed to help parents strengthen families at all levels.

The programme aims to strengthen parenting and promote positive results for parents/caregivers and their children. The model teaches parenting skills that encourage children's cooperation and positive social behaviour, prevent and reduce mild to severe behaviour problems in young people aged 8-14 at risk of getting involved in serious youth violence .

How is the programme delivered?



- ✓ Gen PMTO empowers parents with effective tools to reduce coercive interactions in social contexts (family, parent-child, sibling-sibling, peer-peer, parent-parent).
- ✓ GEN PMTO do not just believe that parent's matter, but their data shows that parents are change agents.
- ✓ Group Sessions will revolve around teaching and practising positive parenting practices (e.g., monitoring/supervision, encouragement, limit setting, problem solving, positive involvement, emotion regulation) to prevent and reduce child and adolescent behaviour problems.

Who is it designed for?



- ❖ Aimed at parents and their families where at least one child is aged 8-14 years old, and where that child is at risk of, or displaying behaviours associated with serious youth violence.
- ❖ The child/ren must be living or going to school in Brent, Barking and Dagenham or Tower Hamlets.

**How do I
get
involved?**

**Get in
touch!**

You could be referred through a range of professional services or health professionals within the Borough you live or, your child goes to school, but you can also:

Contact us to find out more:
E: GENPMTO@barnardos.org.uk

What do parents have to say?

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

“Learning PTC-R has helped my partner and I come together as a team and support each other.”

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

USA Oregon participants

