



## Building the foundations for a happy future

**SafeBase is a therapeutic parenting programme for adoptive parents, foster carers and special guardians. It creates a strong foundation for loving and lasting relationships within the family, giving children the confidence to feel safer and more secure with their parents/carers.**

SafeBase recognises that every family is unique and has different needs.

It works by:

- Making you more confident in using new tools and strategies to parent your child
- Increasing your understanding around the impact of adverse childhood experiences on your child
- Enabling you to become more sensitive to your child's needs by providing insight, and context, to their behaviours
- Explaining the impact of early adversity on brain development and functioning
- Building secure attachments
- Improving your well-being, and the well-being of your family, bringing hope for the future
- Giving you a support network of other adoptive parents

SafeBase is a 3-part programme which includes:

### 1. A Family Session

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The Family Session is based on the principles of Theraplay® and helps you to understand the interactions within your family. You carry out a series of simple play activities and a SafeBase trainer observes and discretely films the session. This provides a valuable insight to your strengths as a parent and ways in which you can

build on these strengths and manage the challenges that your child may present.

## 2. The 4-day Parenting Programme

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This programme is designed to help you better understand your child and their behaviours. It also gives you practical techniques that will help you to feel more competent and effective as a parent. Parents who have been on the programme comment that it has helped them understand their children better and has made them more confident parents.

## 3. On-going Support

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We provide on-going support, including regional topic-based groups, which enable you to meet up with other SafeBase parents and carers. You will also have access to an online community where you can share your experiences with other families.

Find out more...

**Call: 0161 8302021**

**Email: [safebase@afteradoption.org.uk](mailto:safebase@afteradoption.org.uk)**

**Visit: [www.afteradoption.org.uk](http://www.afteradoption.org.uk)**

