

Dino Pack

Information Pack
& Referral Form



Webster-Stratton Whole Family Programme (Dinosaur School)

What is the Webster–Stratton Whole Family Programme?

The course consists of 10 weekly sessions running on a weekday evening between 5-7pm.

Parents/carers and the children attend together, but work in separate rooms during the two-hour period with a break at half time for food and refreshments.

Dinosaur School Children's Group

The age range of children attending is Foundation Stage Years 1, 2 & 3, and Years 4, 5 & 6.

A highly qualified and skilled team support a group of around 10 children. We teach them about:

- Making new friends and learning school rules
- Detecting, understanding and communicating feelings
- Problem solving: Identifying problems, solutions and consequences
- Anger management
- Friendship: Sharing, helping and teamwork

We use a variety of materials to suit children's learning and abilities. These include fantasy play with child size puppets: Wally, his sister Molly, their friend Felicity, as well as Tiny Turtle and Dina the Dinosaur, who as the senior member of the group oversees it all!

Other teaching methods include making door hangers with the message "Please come in" on one side and "Come back, I need to cool down" on the other side.

Our plasticine feeling faces and sock puppets are always a great success with the children. The children take home everything they make. The overall aim of the Dinosaur School is to promote self-esteem and social competence.



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What is the Webster – Stratton Whole family Programme?

Parent/carers' group

Two extremely qualified Parent Support Workers support the adult group. Over the 10-week period the group bonds as they start to support each other over tea, coffee and a light snack. They work together through various topics, including:

- Looking after ourselves
- Positive praise
- Tangible rewards
- Play-focused attention
- Family rules
- Clear limits
- Choices and consequences
- Time out

There is always lots of lively conversation as the adults practice their skills week by week, as they grow in confidence about their own abilities.

This highly successful programme was developed by Carolyn Webster-Stratton Ph.D.

If you would like to know more about The Whole family Programme (Dinosaur School) please contact:

Paula Evans

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Dinosaur School

Here are some comments taken from parents/carers who have attended the course:

"I found the leaders very helpful"

"The bit I enjoyed the most were the discussions with other parents"

"The leaders listened to me and gave me helpful feedback"

"I've learnt a lot and am improving my relationship with my son"

"I enjoy hearing that other people are having the same problems with their kids"

"There will always be problems, but I think the course has given me plenty of ways to try to solve them. If one way does not work I have lots of other options open to me now."



Webster Stratton Whole Family Programme
Dinosaur School

Referral Form

Date Of Referral:

Family Details

Child's Name:	Age	Gender (M/F)	Ethnic Origin

School Child attends:

Parent/Carer(s) Name(s) & Relationship to Child:

Address:

Postcode:

Home Telephone Number:

Mobile Number:

Work Telephone Number (if applicable):

If you are unable to answer the phone can we leave a message?

Yes No

Have you been shown the Dino information pack? Yes No
(If no go through the pack)



Referral Details

Referrer Details	
Name:	
Position:	
Contact Details:	
Telephone Number	Email:

What are your main reasons for referring
Are there any factors that would make a lone home visit inappropriate?
All staff who carry out home visits are CRB police checked. Is there any reason why a visit from one of the team would not be appropriate e.g. aggressive behaviour within the family environment? YES NO
Are there any reasons why it might be difficult for the parent/carers(s) and child to commit to a 10 week programme?

What Happens Next

Once we have received this referral form a member of the team will contact you by phone and arrange a home visit to meet your family and to discuss your needs.

Please send the form to:

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