



Transforming Children's Lives

Empowering Parents, Empowering Communities (EPEC) is a successful, popular, low-cost parenting programme. It combines peer-led parenting groups with training, supervision and support provided by parenting specialists based in local services.





What does EPEC offer?

An EPEC Hub based in local services organises the delivery of peer-led parenting courses. EPEC's peer-led courses consist of eight 2 hour sessions, facilitated by two EPEC accredited local parent group leaders for between 8-12 parents.

- EPEC courses successfully integrate behaviour change with adult learning.
- Each course session is highly interactive involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.
- Parents practice and use new skills in everyday life to achieve specific goals.

Who leads EPEC courses?

EPEC courses are peer-led by local parents who:

- Successfully complete accredited EPEC training,
- Receive ongoing supervision and support from parenting specialists based in a local EPEC Hub.
- Fulfil DBS and other mandatory requirements.

What do EPEC courses cover?

EPEC aims to improve child development and outcomes, parenting, family resilience and social capital. EPEC courses combine the latest developmental science and theory with well-evidenced parenting strategies and methods involving:

- Attachment and parent-child relationships.
- Understanding and managing children's feelings and parents' emotional regulation.
- Parenting roles, expectations and culture.
- Parent listening, communication, play and interaction skills.
- Positive behaviour management and discipline strategies.
- Managing parent and family stress.

What types of EPEC courses are there?

There are three EPEC parenting courses:

- **Being A Parent**, for parents of children age 2-11 years.
- **Baby and Us**, for parents of babies aged 0-1 year.
- **Living with Teenagers**, for parent of adolescents aged 12-16 years.

In addition, there are a range of specialist EPEC courses including for parents with children with ADHD, for parents with children with ASD, and for families living in homeless accommodation.

Does EPEC work?

EPEC has been independently rated as an effective, low cost parenting programme (EiF, 2016, AIFS, 2015). Research and service evaluation consistently demonstrates that EPEC:

- Improves the scale, accessibility and effectiveness of parenting support, particularly for families in socially disadvantaged neighbourhoods.
- Improves children's social, emotional and behavioural development.
- Improves parenting, parents' wellbeing, builds families' social and community connectedness, and encourages engagement in other local services and wider community resources.
- Generates high levels of parent engagement and positive experiences.

What is the cost?

EPEC's unique approach is both effective and low cost:

- Cost comparisons (NICE 2013) show that EPEC is 25% of the cost of established profession-led parenting programmes.
- EPEC has the lowest Early Intervention Foundation (2016) cost rating.
- The total unit cost per parent beneficiary is circa £50-70 per course session, depending on scale of delivery and local charges.

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