

# boost

## Parenting advice & support

Boost provides support, motivation, encouragement and advice to parents as they take steps towards creating a more stable and positive environment in which their children can thrive. Our Boost Family Mentors help families to achieve the parenting goals they have identified through an initial assessment with a Family and Volunteer Supervisor.

### Could you be a Boost Family Mentor?

- Do you have 3 hours a week to give to a family for a 4-6-month period?
- Do you have experience with children? This could be through work or volunteering, having younger siblings or raising your own children.
- Are you an empathetic, non-judgmental and friendly person, who can offer guidance in a non-patronizing and respectful way?
- Are you resilient to setbacks, and open to trying new ideas? Can you share that mindset with parents who need help to build their self-esteem?

**If you can answer 'yes' to these questions, then we would love to hear from you!**

Typical areas in which parents need support to achieve their goals are:

- Developing family routines, e.g., bedtime, morning, mealtimes.
- Setting boundaries around behaviour and effectively maintaining those boundaries.
- Developing a support network, contacting local baby/toddler groups or joining parenting classes.
- Developing the parents own self esteem.

Usually this would take place in person. However, in response to Covid-19 we are currently delivering all support over WhatsApp video calling.

**Register now to volunteer as a Boost Family Mentor**

**Email [volunteers@connectionsupport.org.uk](mailto:volunteers@connectionsupport.org.uk) Phone 07999 118080**

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