Feedback from parents

BB4K receives positive feedback from many parents whose children have attended the programme:

“I would highly recommend the group. I wasn’t so sure at first but now I’m really happy she took part. I have a younger daughter who would also benefit from the group when she is older.”

“During the course she became more confident and outgoing. She stood up in assembly and read out a paragraph which she hadn’t done before. Her behaviour at home improved and she became more settled.”

“It has made our home much happier and calmer. We speak more and have special time together.”

“She has continued to go from strength to strength. I think she is doing well and I don’t have any concerns about her at school.”

Feedback from schools

Many schools support BB4K and have noticed the positive changes in their pupils who have taken part in the group. Recent comments from schools include:

“He doesn’t shout as much on the carpet. He seems far more settled and ready to learn.”

“Very worthwhile and enjoyable for a very confused girl.”

“He has got better at working as part of a team.”

“She has become more confident and has made more friends at school.”

Contact us

If you’d like to find out more, contact the BB4K team today:

Tel: 0300 456 4800  
Email: bb4k@pactcharity.org  
Web: www.bounceback4kids.org

Please contact us if you are seeking support for children aged under five or over 12 years old.

Support programme for families affected by domestic abuse

© Copyright Parents And Children Together 2018
What is Bounce Back 4 Kids?
Bounce Back 4 Kids (BB4K) is a support programme developed by Parents And Children Together (PACT) for children and parents who have been victims or witnesses of domestic abuse.

The programme helps children (aged 5-12 years) and their non-abusive parent to come to terms with experiencing family breakdowns.

The BB4K programme consists of a 10 week children’s course and parent’s course which run simultaneously.

The aim of the children’s course is to raise children’s self-esteem and to give them an opportunity to explore and express their feelings through fun, child-focussed activities, in a safe therapeutic way. The aim of the parent’s course is to empower them and validate their parental role.

The group is run by trained professionals who encourage relationships to be rebuilt between parent and child. Confidence levels are increased and children are shown how to keep themselves safe and communicate more.

Children’s course
The BB4K children’s course helps children to address issues such as volatile behaviour, understanding what to do to keep themselves safe, improve attendance and learning in schools, as well as helping them to make positive choices in the future.

The children’s course helps children in so many ways and contributes towards breaking the cycle of domestic abuse and ensuring children can have a safe future.

Each week focuses on a different topic designed to empower and facilitate the healing process of children.

This is what other children said they enjoyed about taking part in BB4K:

“I liked playing with the play dough”
“The volcano was epic”
“I loved the chocolate game”
“The parachute games were fun”
“I made new friends”

Parent’s course
What makes BB4K so successful is that the parent’s course runs simultaneously with the children’s course and focuses on the same topics that the children are learning each week.

This enables the adult to understand what their child is learning and reinforce this in the home environment. It encourages them to look at domestic abuse through the eyes of the children and continue practicing the techniques they have learned for long-term benefits to the child.

Children whose parents take part in the course and who use the techniques at home have an enhanced therapeutic experience as their involvement is invaluable towards supporting their children.

Often people who have been in abusive relationships have had their parenting undermined and their confidence and self worth diminished.

Therefore rebuilding the bond between parent and child is a key goal in moving forward with the healing process for both of them.

The parent’s course provides opportunities for parents to become less isolated and no longer feel like they are the only one, and they also gain a greater understanding of how best to support their children.

If parents are given the opportunity to be heard, believed and to be able to express their feelings, then they are more able to support their children in the same way.