

Parenting Programmes

This leaflet contains information on the fantastic free parenting offer for parents living within the London borough of Newham.

Parenting and raising a family is hard and many life events can make it feel harder.

We recognise this and we have designed a range of offers to meet parents where they are and offer a variety of parenting workshops and training courses that help you feel more equipped and better connected to your children and family.

The booklet includes in person and virtual courses that are delivered live and a range of digital courses that you can access when and where suit you.

Please click [here](#) to see and book onto parenting programmes running each academic term.

For more information, please contact The Early Help Parenting Team by emailing parenting@newham.gov.uk



Parenting programmes.

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The early years

EPEC Baby & Us 0-1 years old - 9 week programme

2 hour sessions

The programme aims to increase parents understanding of their babies' signals and how to follow those cues and create a routine.

The sessions explore:

- How to feel more confident in your role as a parent by learning to manage challenges around feeding, sleep and crying.
- Understanding your baby's personality
- How to communicate and respond positively with your baby's needs
- Build a good connection between you and your baby
- The importance of using games, singing, using physical touch, playing and having fun with your baby
- The value of developing a friendships with other parents

Time Out Early Years Birth - 4 years 6 week programme

2 hour sessions

The programme is intended to:

- Increase confidence in skills and abilities for parents
- Improve the relationship between parent/carer and child
- Teach skills to help children be more secure emotionally and help raise self esteem
- Identify the best ways to encourage positive behaviour
- Discuss on a variety of issues that affect children and their parents
- Encourage participants to give each other mutual support
- Give tools to help relationships with children and parents/carer

Time out for Dads 0-16 years 5 week

2.5 hour sessions

The programme is aimed at all dads either in a couple, a single parent, away dad or anyone that is a father figure. The programme gives fathers the opportunity to share their feelings and experiences and come up with solutions to their problems based on what works for them

- Helps fathers feel encouraged and confident on their skills and abilities as a dad
- Help the relationship between father and child to be better, or better than it is now

The early years

- Teach skills to help children be more secure emotionally and help raise self esteem
- Identify ways to affectively discipline children
- Discuss a variety of issues that affect children and parents
- Encourage mutual support within the group
- Give tools to help the relationship with the child's other parents/carer
- Provide fathers with support where they would like it
- The sessions cover: What are dads for? Dad the manager, dad the coach, dad the trainer and dad the team player

Triple P Baby Expectant Parents – 12 months

2 hour sessions

Triple P for Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It's a toolbox of proven, positive strategies with a variety of practical ways to promote your baby's development, build a stronger bond and support their emotional and physical health. Whether you're pregnant or your baby is already here, Triple P for Baby can help you get off to a positive start and create the best environment for your baby's development and wellbeing.



Over a combination of four group sessions and four individual consultations, you'll be introduced to a range of strategies to help create a positive foundation for your baby, and you.

Triple P for Baby can help you

- Create the best environment for your baby
- Learn strategies to cope with crying and set up positive sleep habits
- Understand your baby's cues and how to respond
- Promote your baby's social and cognitive development
- Take better care of your own emotional wellbeing
- Feel more confident and enjoy life as a new parent

The middle years

Strengthening Families, Strengthening Communities **2 years - 18 years 13 week programme** **3 hour sessions**

This popular parenting course welcomes parents and carers from all backgrounds. It aims to help you recognise and respond to parenting challenges, support your child's success at school, address bullying, avoid online grooming, and build confidence.

- Course benefits
- Positive family relationships
 - Value family and cultural traditions
 - Manage anger and stress
 - Implement effective discipline strategies
 - Understand your child's development
 - Recognise and respond to challenges
 - Address bullying and online safety
 - Feel more confident as a parent
 - Meet other parents and share ideas



Tweens and teenagers

EPEC - Standard 9-16 years- 9 week programme **2 hour sessions**

Being A parent led parenting programme that aims to strengthen parent-child bonds and relationships.

Parents learn a range of positive parenting skills

- To better understand children's feelings
- Value effective parent-child communication
- Build better more resilient family relationships
- The sessions cover
- Being good enough
- Play and spending time with your children
- Understanding children's behaviour
- Positive discipline strategies,
- Listening and communication
- Coping with stress.

Dice Programme 10-18 years 4 weeks **2.5 hour sessions**

The programme supports parents to develop skills to build their knowledge to increase their confidence to meet their child's needs during the pre-teen and teenage years of development.

The sessions have information and advice on:

- Supporting and providing your child with a safe interesting environment
- Discussions on the introduction and thinking about life as a teenager
- Exploitation and the grooming process
- Digital dangers and parenting top tips

Tweens and teenagers

Who's In Charge -10-18 years

(acceptance of younger age group is discretionary) 9 week

2 hour session

A programme for parents/carers who experience child to parent/carer violence or abuse.

The programme:

- Examines challenging feelings of guilt reinforcing belief in the possibility of change
- Clarifying boundaries and explores strategies for creating meaningful and practical consequences for unacceptable behaviour and with a view to reduce isolation.
- Is Part therapeutic based/part knowledge based
- Explores anger and how it is presented in children and parents
- Encourages parental assertiveness and self-care
- Reinforces progress and provides emotional support as parents attempt to become more assertive
- Reduce the amount of violence and abusive behaviour in a family
- Loosens deterministic thinking
- Creates belief in possibility of change (without giving false hope or creating complacency)
- Reduce parents feelings of depression and powerlessness



Programmes for parents of children with additional needs

Time out for Parents of Children with Special Needs 1-11 years

7 week programme

2.5 hour sessions

The programme gives parents the opportunity to:

- Share their feelings and experiences
- Helps parents come up with their own solutions to their problems on the basis of works for them.
- Explores helping to build the child's self-esteem
- Supports the child cope with their feelings
- Assist parents to understanding and managing behaviour
- Advices parents on the home, school issues and the wider family
- Additional 4 sessions available for parents of children with ASD and ADHD

Programmes for parents of children with additional needs

EPEC 'Being a Parent' ADHD 5-18 years 10 week Programme

2.5 hour sessions

Being a Parent ADHD is for parents/carers with a child with ADHD or waiting an assessment It is a peer led parenting programme which explores:

- The experience of being a parent of a child with ADHD
- Understanding your child
- Help with communication, interaction and playing with your child
- Everyday strategies and routines to assist your child
- Understanding your child's behaviour so you can meet their needs
- Understanding 'overwhelm/meltdowns' to prevent and helpfully manage recovery.

EPEC 'Being a Parent' Autism 5-18 years 10 week programme

2.5 hour sessions

Being a Parent Autism is for parents/carers with a child with autism or waiting an assessment. It is a peer led parenting programme

Includes:

- Strengthening parent- child bonds and relationship
- Parents learn a range of positive parenting skills
- How to better understand children's feelings
- Value effective parent-child communication
- Build better, more resilient family relationships



Family relationships

Family Transitions 0-16 years 5 week 2 hour sessions

The programme was made to focus on parents who are experiencing relationship upset following separation or divorce. The sessions considers ways to manage the changes that can happen through separation or divorce. It looks at managing emotions, managing conflict and moving on to build a new family identity using different learning tools. The programme suggests ideas on positive parenting to support your child's development and looks at the importance of looking after yourself and managing the stresses and demands involved in separation and divorce.

Early Repair 0-19 years

2 day programme

Is an early intervention programme designed for fathers?

The session is a brief awareness raising course for fathers who have been identified to be using abuse (physical and/or emotional and/or coercive control) at a level currently considered to be low risk. Parents that attend are expected to still be in a relationship or co living and must show a willingness to change behaviour.

Sessions cover:

- Denial, minimisation and partner blame
- Disclosure what that felt like
- Impacts (mainly impacts on children)
- Sore points
- Signals
- Time outs and basic de-escalation strategies
- 4 weeks of keeping a log of sore points and use of techniques plus one 1-1 meeting Day 2 Review logs
- More on impacts on children
- Review sore points
- Safety plan for future

Reducing Parental Conflict (RPC)

Supporting healthy parental relationships and reducing conflict for both adult and children when there is difficulty in relationships within the family. The programme allows parents to access the course online and complete at times that best suits their needs. Sessions available are:

Family relationships

Arguing better - supports existing relationships and helps with managing difficult conversations, avoiding conflict, and improving things for your whole family.

Getting it right for children - designed to support the co-parenting journey for parents who are separated. This course helps to improve co-operation and develop positive communication skills, so that they can sort out disagreements and find solutions together.

Me, you and Baby too - suited for parents who are expecting a child or have a baby. It helps parents to navigate the changes a relationship goes through when having a baby and keep moving forward together.



Digital parenting offer

Solihull Approach 0-17 years

bite sized online courses 15 to 20 minutes

Focuses on Ante natal /Post-natal, Parents of children with additional needs, relationship courses, teenage brains

These courses are designed to help parents/carers understand their child's feelings, as well as concentrate on their own feelings as they go through life as a family. They will also learn to understand the changes in their child's development and how to make the most out of each relationship.

- **Understanding pregnancy, labour, birth and your baby** - This course is aimed at everyone around the baby - mums, dads, grandparents, friends and relations and was written by midwives and NHS professionals.
- **Understanding your baby** - is aimed at everyone around the baby to support you and the new arrival. The course was written by psychologists, psychotherapists and health visitors.
- **Understanding your child (0-9 years)** - This course will help you be the best parent, grandparent or carer you can be and contains award-winning, trusted content.
- **Understanding your child with additional support needs** - This course will help you be the best parent, grandparent or carer you can be and contains award-winning, trusted content.
- **Understanding your teenager's brain** - Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.
- **Understanding your brain (for teenagers only)** - Your brain changes as you hit adolescence. Going to sleep later? See how the changes in your brain explain some of the changes in your behaviour.

For more information visit newham.gov.uk/parentingsupport



[newham.gov.uk](https://www.newham.gov.uk)