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Parenting Support Offer

London Borough of Sutton
Family Hubs



Parenting Support Offer

We know that being a parent can be both rewarding and challenging, and we all need a helping hand at times.

Knowing where to go and who to turn to can be vital to getting that help early and preventing further escalation.

Our parenting programmes are a source of support for all parents and carers and offer an opportunity to share parenting experiences, develop a greater understanding of child development, build positive relationships and learn skills to deal with challenging behaviour.

What support can I get as a parent/carer and what do we offer in Sutton?

We provide the following parenting support programmes.

Empowering Parents Empowering Communities (EPEC)

- Being a Parent
- Being a Parent - Together

Care for the Family

- Time out for for Parents - The Teenage Years
- Time out for Parents - Managing Anger in the family

Adapt to Learn

- Small Change, Big Difference



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EPEC: Being a Parent course



What is EPEC

Empowering Parents, Empowering Communities (EPEC) is a proven method of *prevention and early intervention* that helps children and families get the very best start in life.

Parents tell us that the programmes 'work'. They tell us that the *Being a Parent* and the *Being a Parent-Together* parenting courses has helped to improve their family's lives and it has increased their confidence and skills as a parent.

What does EPEC offer?

- The delivery of peer-led parenting courses.
- 9 week course – 2 hours per session. This includes a coffee/information session at the beginning of the course.
- For up to 14 parents.
- Sessions are 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 is it suitable for?

Being a Parent Programme is suitable for any parent/carer with a child 2-11 years of age living in Sutton.

The course aims to improve child development and outcomes, parenting, family resilience and improve family relationships.



Course content

Coffee/Information session

- Learn about what is covered during the course
- Meet the programme facilitators
- Sign up for the course

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect parent'
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

Session 3: Play

- Child-led play

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding Children's Behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts

Session 6: Discipline Strategies

- Understanding what we mean by boundaries
- Time out and saying 'No'
- Household rules

Session 7: Listening

- Communication styles
- Helping a child when upset
- 'Open and Closed' questions
- Reflective listening

Session 8: Review and Support

- Coping with Stress
- Reviewing the course and knowing where to get support
- Ending and celebration



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Thursday 11th May 2023	Thursday 13th July 2023	9.30am - 11.30am	Tweeddale Children's Centre Tweeddale Road, Carshalton SM5 1SQ

For more information contact:

Theresa Cameron – Parenting
Coordinator

Phone – 07736 338 924

Email – parenting@sutton.gov.uk

Clare Kennedy- Parenting
Administrator

Phone- 07873 702 777



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EPEC: Being a Parent - Together Course



Being a Parent - Together

Being a Parent - Together is a version of the Being a Parent programme, that has been adapted for couples and main carers who co-parent their children, aged 2-11 years, and who want to attend a parenting course together.

Parenting and the pressures of everyday life, can be stressful at times and can sometimes lead to conflict between parents.

Parents may have different views on parenting or they may be concerned about disagreements or quarrels and unresolved difficulties in their relationship that are affecting their parenting.

This course aims to make mothers and fathers welcome together.

It focuses on how mothers and fathers can transform the lives of their children by working and learning together.

The course improves family relationships which produces positive outcomes for children.



Course content

Coffee/Information session

- Learn about what is covered during the course
- Meet the programme facilitators
- Sign up for the course

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect parent'
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Stating the positive

Session 3: Play

- Expressing feelings
- Child-led play - Special Time

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour

Session 5: Understanding Children's Behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Teamwork and Household Rules

Session 6: Discipline Strategies

- Instructions, consequences, rewards and star charts
- Understanding what we mean by boundaries
- Saying No and withdrawing attention

Session 7: Discipline Strategies

- Time out
- Communication
- 'Open and Closed' questions

Session 7: Discipline Strategies

- Time out
- Communication
- 'Open and Closed' questions

Session 8: Review and Support

- Communication styles
- Reflective listening

Session 9: Review and support

- Coping with stress
- Reviewing the course and further support
- Ending and celebration



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Thursday 14th September	Thursday 16th November	6pm - 8pm	The Quad Green Wrythe Lane Carshalton SM5 1JW

For more information contact:

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Coordinator

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Care for the Family: Time out for parents- The Teenage Years

Care for the Family is a national charity which aims to promote a strong family life and to help those who face family difficulties. They have been registered and working to strengthen families since 1988.

The Time Out for Parent courses were developed by Positive Parenting/Care for the Family.

All Time Out for Parents programmes include; group discussions and practical tasks to help parents build on their strengths and gives them the time and space to think about any positive changes they want to make. A helpful and easy parent/carer handbook is included with each course.



Course content

Session 1: Temperament and emotional needs

- Welcome and introductions
- Group agreement and confidentiality
- Course aims
- The goal of parenting
- Temperament
- Meeting emotional needs
- Love languages

Session 2: Why it's tough being a teenager

- Why it's tough being a teenager
- Supporting our teenagers
- Identity and independence
- Staying connected
- Boosting teenagers self-esteem

Session 3: Parenting Styles

- Parenting Styles
- Consistency
- Encouraging responsibility
- House rules

Session 4: Communication

- Communication
- Listening to your teenager
- Understanding body language
- Reflecting back with empathy

Session 5: Handling conflict

- Communicating respectfully
- Conflict
- Negotiation
- Choose your battles
- Consequences

Session 6: The big issues

- Talking about difficult topics
- Message in
- Message out
- Knowing the facts
- Developing positive relationships
- Saying 'no'

Session 7: Keeping our teenagers safe in the digital age

- Parenting in the digital age
- Understanding the landscape
- Screen time
- Other concerns
- What we can do

Session 8: Building strong families

- Goals behind behaviour
- Family values, traditions and memories



Who is it suitable for?

The Time Out for Parents-The Teenage Years programme is aimed at parents/carers of children aged 11-17 years, wanting general guidance in supporting their child's social, behavioural and emotional needs.

One of the biggest challenges for parents of teenagers is communication. We look at improving it by listening well, using empathy and understanding body language. How we handle conflict is also crucial, choosing your battles, checking out your anger style, and developing negotiating skills.

The course is an 8 session course written by parents and professionals. Each session runs for 2 hours. We hope it will provide an opportunity for families of pre-teens and teenagers to support and encourage each other.

Course start date:	Course end date:	Timings:	Venue:
Tuesday 7th March 2023	Tuesday 9th May 2023	6pm-8pm	The Quad Green Wrythe Lane Carshalton SM5 1JW
Tuesday 12th September	Tuesday 7th November	6pm - 8pm	The Phoenix Centre Youth Zone, Mollison Drive Wallington, SM6 9NZ

For more information contact:

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Care for the Family: Time out for parents- Managing Anger in the Family

Care for the Family is a national charity which aims to promote a strong family life and to help those who face family difficulties. They have been registered and working to strengthen families since 1988.

The Time Out for Parent courses were developed by Positive Parenting/Care for the Family.

All Time Out for Parents programmes include; group discussions and practical tasks to help parents build on their strengths and gives them the time and space to think about any positive changes they want to make. A helpful and easy parent/carer handbook is included with each course.



Course content

Session 1: Managing our anger- part 1

- Welcome and introduction
- Group agreement and confidentiality
- Course aims
- What is anger?
- Learning new ways to manage anger
- Anger triggers
- Anger and self esteem
- The Anger River
- Keeping out of the river
- Recognising when we are in the river
- Getting out of the river
- When we have gone over the edge
- Anger diaries

Session 2: Managing our anger - part 2

- Personal beliefs
- Weighing up consequences
- The broken record strategy
- I-messages
- Relaxation

Session 3: Helping children manage anger - part 1

- Dealing with children's anger
- Boundaries and rules
- What makes children angry?
- Responding unhelpfully to anger
- Active listening
- Naming feelings
- Dealing with anger at school

Session 4: Helping children manage anger - part 2

- Explaining anger to children
- Keeping children out of the river
- Helping children to recognise when they are in the river
- Helping children to weigh up consequences
- Helping children who are close to the edge
- When children go over the edge



Who is it suitable for?

The Time Out for Parents-Managing Anger in the Family is aimed at parents/carers of children aged from 5 to 16 years, wanting guidance in meeting their child's social, behavioural and emotional needs particularly in relation to anger management.

This course is a prevention programme to meet the needs of parents facing everyday challenges of parenting, with a particular focus on the issue of anger in the family.

The programme is a 4 session course written by parents and professionals. Each session runs for 2 hours.

Course start date:	Course end date:	Timings:	Venue:
Wednesday 8th March 2023	Wednesday 29th March 2023	9.30am - 11.30	Tweeddale Children's Centre Tweeddale Road Carshalton SM5 1SW

For more information contact:

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Adapt to Learn:
Small Change, Big Difference



What is Adapt to Learn?

Adapt to Learn is an established educational service offering specialist advice in autism, social communication and behavioural needs.

Adapt to Learn work closely with local families to help them to understand their child's additional needs, to analyse behaviour and to offer effective, practical strategies and bespoke interventions. They also work with many local schools and Academy Trusts, providing detailed observations, Intervention Plans, one to one sessions and small group work.

Together, co-founders Melanie and Tracy have over 30 years' experience working for Local Authorities in the field of Special Educational Needs. They work with children ranging from two to eighteen years of age.

Small Change, Big Difference Course information

Details:

This is a 4-week course which requires a 4-week commitment to attend.

Each session is 2 hours

The course is for parents of all key stages

Overview

Our aim is to empower parents, supporting them to help their children by developing an in-depth understanding of autism.

Taking a positive approach, we will explore, share and discuss practical strategies to help develop communication skills, pre-empt and manage behaviour and gain confidence and resilience.

During our interactive sessions, parents will be given the opportunity to make connections and friendships with each other, gain support and feel less isolated.



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Tuesday 21st February	Tuesday 14th March	9.30am-11am	Belmont GP Centre 10 Hardegray Close Sutton SM2 5LT
Wednesday 19th April	Wednesday 10th May	9.30am - 11am	The Phoenix Centre Youth Zone, Mollison Drive Wallington, SM6 9NZ
Wednesday 27th September	Wednesday 18th October	9.30am - 11am	Sutton Family Hub Civic Offices St Nicholas Way, Sutton SM1 1EA

For more information contact:

Theresa Cameron – Parenting Coordinator

Phone – 07736 338 924

Clare Kennedy- Parenting Administrator

Phone- 07873 702 777

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Other parenting support

- Playwise-<https://playwise.org.uk/services/#family>
- Sutton Women's Centre-<https://suttonwomenscentre.co.uk/what-we-offer/>
- Sutton Young Carers-<https://www.suttoncarerscentre.org/young-carers-services>
- Sutton Parent Forum-<https://www.suttonparentsforum.org.uk/>
- Cognus-<https://www.cognus.org.uk/services-for-families/cognus-therapies/>
- Bags of Taste-<https://bagsoftaste.org/>
- Sutton Children's Centres-<https://www.sutton.gov.uk/-/children-s-centres-family-support>
- Homestart-<https://homestartsutton.org.uk/get-support/>
- Solihull Parenting-<https://solihullapproachparenting.com/online-course-for-parents-0-19/>
- Family Lives-<https://www.familylives.org.uk/>
- Sutton Men in Sheds-<https://www.daddilife.com/>
- Jigsaw4u-<https://www.jigsaw4u.org.uk/parenting/>
- Transform Sutton-<https://cranstoun.org/help-and-advice/domestic-abuse/transform-sutton/>

