

Early
Help



Hull
City Council



Local Authority Parenting Offer

For Children, Young People, Parents and Carers



Introduction

Children don't come with an instruction manual so when it comes to parenting, how do you know what's best and what works? In Hull we believe that every parent matters and recognise that bringing up children is one of the hardest jobs in the world. Parents do a fantastic job, but there are times when some extra support may be needed. As part of the support available to parents in Hull we offer the following courses to help -

Strengthening Families 10-14

What is Strengthening Families 10-14?

Strengthening Families 10-14 involves seven weekly sessions for both parents/carers and the young person. These sessions are made to help families improve on how they communicate and relate to each other as a family. They may run during the day however they generally take place on an evening after school. There may also be an introduction session in the preceding week for families to familiarise themselves with the practitioners/venue etc.

Who is suitable for Strengthening Families 10-14?

Any parent or carer who takes care of a young person between the ages of 10-14 and are in need of support with the young person or they would like to build on their relationship and wellbeing.

What can I/ families expect from attending each week?

Each week consists of two hour sessions. In the first hour the parents/carers and the young people are separated and for the second hour the two groups come back together for a family session. These sessions also include refreshments.

What does Strengthening Families 10-14 cover?

As the sessions are split between the parents/carers and the young people, there is a wide variety of what is covered including:

The Parent Sessions:

These sessions' help parents/carers learn nurturing skills that they can then put in to practise with the young people. They will also learn new strategies and effective ways on how to guide and discipline them.

The Young People's Sessions:

These include fun games and activities but also includes helping young people have an increased appreciation of their parents/carers and how to deal with stress and peer pressure.

The Family Sessions:

This session is held after the two separate sessions have finished, and helps families come together to have a discussion on what makes their family strong and learn how to solve their problems together.



Strengthening Families Strengthening Communities (SFSC)

What is Strengthening Families Strengthening Communities?

SFSC, is a 15 week course where parents have to attend four hours per week. This course has strategies to manage children's behaviours, positive family relationships and other life skills that can support parents to bring up their children to become responsible happy young adults. There are also opportunities to share cultural values and family traditions as well as learn more about what is going on in the local area. This whole course is about wanting to build on family strengths. Two of the weeks involve goal planning and tracking progress.

Who is suitable for Strengthening Families Strengthening Communities?

SFSC is suitable for families with children aged around three to 18 years old and who either live with their children or have regular contact with them. Parents need to be available during the day.

What can I/ families expect from attending each week?

You will attend with the same parents/carers weekly and therefore over the weeks you will be in a supportive environment with other parents and facilitators and can build on your strengths.

What does Strengthening Families Strengthening Communities cover?

This course covers several topics to support parents/carers to support and teach their children throughout life from infancy into adulthood. It focuses upon strengthening family ties considering parents own 'parented' experience and other factors that influence children as they grow each week something involving the following areas:

Cultural/Spiritual:

Ethnic cultural and spiritual roots, the cycle of life, circles of support and an opportunity to share something special to you in your family that may be something passed down from generation to generation or may be something new in your current family.

Enhancing Relationships:

Factors influencing behaviour, characteristics and temperament, anger management, relaxation and empathy, managing conflict, power and control and solution building tools.

Discipline:

Strategies to manage behaviour including incentive charts, time out, family discussions and meetings.

Rites of Passage:

This involves the ways children grow, change and in many ways moving through their childhood. Areas such as personal, emotional, economic, social, political, mental, historical and spiritual growth are covered.

Triple P (Teen)

What is Triple P (Teen)?

Triple P is an approach that aims to help children develop to grow up to be healthy responsible teenagers and adults who feel good about themselves. The course runs for eight weeks - two hours per week.

Who is suitable for Triple P?

These sessions are suitable for parents/carers of children aged 11 to 18 years old who are living with them or involved in regular contact and parenting.

What can I/ families expect from attending each week?

Each week parents will focus upon addressing a challenging behaviour of their choosing with information about goal setting, encouraging good behaviour, managing risk and keeping your children safe.

What does it cover?

Session 1: Positive Parenting

As this is the first session it's more of an introduction to meet other parents who are also taking the Triple P course. There will be a chance to share some experiences and ideas about being a parent.

Session 2: Encouraging Appropriate Behaviour

This session explores teenagers development and learning appropriate ways of behaving. This session also covers enhancing the relationship with the teenager, rewards for desirable behaviour and ways to teach them new skills.

Session 3: Managing Problem Behaviour

All teenagers need to learn to accept limits and to control their disappointment when they do not get what they want. Managing these situations can be challenging for parents however, there are positive and effective ways to help teenagers learn self-control and achieve goals.

Session 4 : Dealing with Risky Behaviour

As teenagers spend more and more time with people away from home, teenagers are likely to start getting opinions that differ from those of their parents. In this session parents will discuss helping their teenager to recognise risky situations, avoid them if possible and escape from, those that cannot be avoided.

Session 5-7: Putting it all together

Putting into practice what you have planned.

Session 8 : Program Close

Review of the past 7 weeks. Certification Ceremony and planning for the future.

Supported Separated Families (SSF)

What is Supported Separated Families?

This course provides a "taster" of parenting courses such as SFSC and Family Links Nurturing. It runs for four weekly sessions of two hours per week.

Who is suitable for Supported Separated Families?

Those suitable for this course are parents who don't have care of their children however they DO still have contact with them. Parents/relatives of all children aged 0-18 years old can attend. Parents may be attending court over contact with their children, they may have been asked to attend the group or they can refer themselves onto the course.

What can I/ families expect from attending each week?

Parents have time to explore any challenges parents face and learn new techniques to manage children's behaviour and also how to get the most out of their time with children. Information is given about other parenting courses available and parents will benefit from support from the whole group and parents who may be sharing similar experiences.

What does Supported Separated Families cover?

Week 1

The first week covers child development, unique characteristics of your children, and the temperaments of your children. We discuss the effects labelling and criticism have on our children and begin to look at positive parenting strategies.

Week 2

This week covers self esteem and personal power and what we do with difficult feelings. How to communicate clearly and the importance of looking after ourselves as parents.

Week 3

In this week we explore drugs, alcohol, violence and how this impacts upon our children. Children learn through modelling i.e. copying our behaviours, how can we teach our children to manage life's challenges in a healthy way. We also explore the support our children may have and how they can benefit from those around them.

Week 4

This session includes making the most of contact time and parents make an action plan for moving forward. This is also the week where parents receive a Certificate of Attendance.

Family Links Nurturing

Family Links Nurturing Programme - 10 weeks – Age 2-11 years

The Family Links Nurturing Programme (10-week programme) aims to help adults understand and manage feelings, behaviours and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning.

Who is suitable for Family Links?

These sessions are suitable for parents/carers of children aged two -11 years old who are living with them or involved in regular contact and parenting.

What can I/ families expect from attending each week?

The programme helps you to learn new strategies and techniques that will help improve family communication which you can apply in your everyday life. You will also meet other parents and increase your confidence in your own parenting ability.

What does it cover?

The programme consists of four constructs - self-awareness, appropriate expectations, positive discipline and empathy.

Over the 10 weeks you will look at lots of different topics Including

- Understanding why children behave as they do
- Recognising the feelings behind the behaviour (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop operation and self-discipline in children
- The importance of looking after ourselves

Incredible Years

What is Incredible Years?

A 16-20 week course for families with Children aged two-eight years old who are living with them or involved in regular contact and parenting.

The Incredible Years is a positive parenting course which is aimed at improving relationships, controlling emotions, modelling social skills and child directed play. It enables parents to understand and effectively manage challenging behaviour.

Who is suitable for Incredible Years?

These sessions are suitable for parents/carers of children aged two-eight years old who are living with them or involved in regular contact and parenting.

What can I/ families expect from attending each week?

You will learn new skills and strategies that will help improve family communication, that you can apply in your everyday life. You will also meet other parents and increase your confidence in your own parenting ability.

What does it cover?

- Understanding children and their developmental abilities alongside their social and emotional development
- Learn to model social skills and persistence coaching methods through child directed play while having fun
- Understanding developmentally appropriate expectations for your child - depending on the child's age, temperament and developmental abilities.
- Developing a positive parenting approach , to improve relationships, effective communication and controlling emotions.
- Learn skills for family problem solving and managing conflict to enhance children's learning.
- Establishing rules, routines and children's responsibilities as well as ongoing monitoring and supporting children's achievement.



Triple P

What is Triple P?

An eight week course, four week course delivery (two hour sessions) and then four weeks follow up.

Triple P is an approach that aims to help children develop to grow up to be healthy responsible teenagers and adults who feel good about themselves.

It is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children.

It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their full potential.

Who is suitable for Triple P?

These sessions are suitable for parents/carers of children aged two to 11 years old who are living with them or involved in regular contact and parenting.

What can I/ families expect from attending each week?

You will learn new skills and strategies that will help improve family communication, that you can apply in your everyday life. You will also meet other parents and increase your confidence in your own parenting ability.

What does it cover?

Session 1 - Positive Parenting

As this is the first sessions it's more of an introduction to meet other parents who are also taking the Triple P course. There will be a chance to share some experiences and ideas about being a parent.

Session 2 - Helping Children Develop

In this session you will explore strategies that will help you promote your child's development by improving your relationship with your child, encouraging good behaviour and teaching your child new skills.

Session 3 - Managing Misbehaviour

In this session you will explore how to manage challenging situations in positive and effective ways to help children learn self-control. Ideas to manage behaviour will be shared in the session giving you the tools to respond immediately and consistently.

Session 4 - Planning ahead

In this session you will look at family survival tips and how to apply planned activity routines to your own high-risk situations at home or in the community when your child is more likely to be difficult to manage e.g. getting ready to go out going shopping, visiting friends or relatives.

Session 5-7 - Using positive parenting strategies

Personalised sessions to put everything into practice what you have planned.

Session 8 - Program Close

Review of the past 7 weeks. Certification Ceremony and planning for the future.



HENRY (Health, Exercise, Nutrition for the Really Young)

What is HENRY?

The HENRY group programme has been developed to give parents the tools and skills they need for a healthy family lifestyle.

Who is suitable for HENRY?

These sessions are suitable for parents/carers of children aged 0-eight years old who are living with them or involved in regular contact and parenting.

What can I/ families expect from attending each week?

HENRY helps parents and carers think about how they can help their families be healthier and more active. It covers five main themes

- Parenting Skills
- How we eat
- What we eat
- Being active
- Emotional well-being

What does it Cover?

Session One

In the first session we look at group guidelines. We think about what we mean when we talk about having “a healthy start in life” and what we consider a healthy person. We set family goals and think about some stepping stones for change.

Session Two

In this second session we will look at What we eat, we will learn about different food groups and think about why it is important for parents and carers to have some time for ourselves.

Session Three

In the third session we look at different styles of parenting, how we can set limits and guidelines for our children and how we can offer our children guidance and praise. We will also introduce family reward systems that you can use at home.

Session Four

In the fourth session we look at healthy eating habits, how to make the most out of mealtimes.

Session Five

In week five we reflect on what we have learnt so far and the positive changes we have already made. We then look at giving children choices, how we can more active as a family.

Session Six

In this sixth session we look at family meal ideas, first and finger foods for babies, and how we can offer healthy snacks and lunchboxes to our children . We then look at portion sizes and how to read food labels to help us make healthier choices.

Session Seven

In week seven we look at tuning into feelings. We think about the link between behaviour, feelings and needs. We also discuss creating calm, how we can deal with stress and skills to help us be better at listening.

Session Eight

In the final session we look at how to find solutions to problems or challenges we face. We also review the course and celebrate the positive changes we have made and the goals we have achieved.

Online Parenting Guides

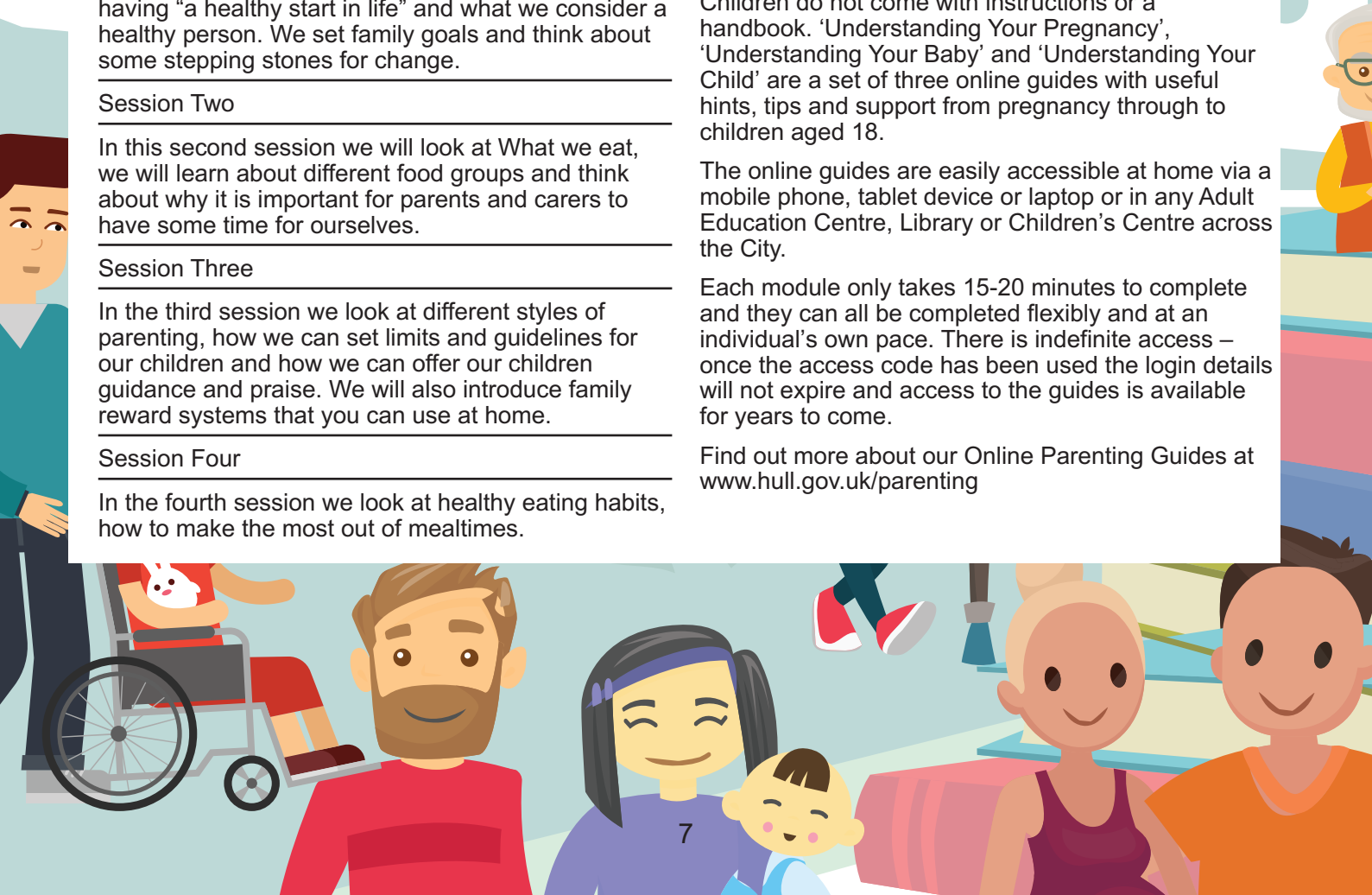
Parents-to-be, parents, grandparents and carers can gain more confidence by trying these free handy parenting guides full of top tips and advice.

Children do not come with instructions or a handbook. ‘Understanding Your Pregnancy’, ‘Understanding Your Baby’ and ‘Understanding Your Child’ are a set of three online guides with useful hints, tips and support from pregnancy through to children aged 18.

The online guides are easily accessible at home via a mobile phone, tablet device or laptop or in any Adult Education Centre, Library or Children’s Centre across the City.

Each module only takes 15-20 minutes to complete and they can all be completed flexibly and at an individual’s own pace. There is indefinite access – once the access code has been used the login details will not expire and access to the guides is available for years to come.

Find out more about our Online Parenting Guides at www.hull.gov.uk/parenting



Local Authority Parenting Offer

If you would like more information or to discuss any of the Parenting Courses, please contact an Early Help Locality Hub on one of the telephone numbers below:

North Locality Hub 01482 828 901
East Locality Hub 01482 708 953
West Locality Hub 01482 305 770
Or visit www.hull.gov.uk/parentingcourses

