

**Parenting Programmes and Interventions**  
**Broxtowe, Rushcliffe and Gedling**  
**January to March 2018**

This document brings together details about parenting programmes and interventions provided by different services in Broxtowe, Rushcliffe and Gedling that are designed to support parents in learning new skills and develop their confidence in parenting. Through participation in groups, parents can have the opportunity to strengthen relationships with their children and prevent and address behaviour difficulties.

Inside you will find the following sections:

- A brief description of each programme
- How to refer for each course
- Calendar of parenting programmes for Gedling
- Calendar of parenting programmes for Rushcliffe
- Calendar of parenting programmes for Broxtowe

If you are unsure which of the parenting programmes is right for a family that you are working with, then please contact the lead agencies listed in the 'how to refer' section for clarification. Please note that many of the courses in this document are not universal and are intended for families who are at level 3 and 4 of the P2P and so can only be referred by their lead professional. This includes programmes offered by the Family Service.

We will make every effort to stick to the planned programme as detailed below, however, there may be times when programmes may be adjusted, added or withdrawn depending on various factors. Changes to planned programmes will be circulated to stakeholders.

## **123 Magic**

The course is aimed at **parents/carers with 2-14yr olds**. Each programme will be delivered to a specific age group.

This programme supports families with children who have a diagnosis or are undergoing assessment with a consultant paediatrician for Autistic Spectrum Disorder (ASD) which includes Attention Deficit Hyperactivity Disorder (ADHD) Attention Deficit Disorder (ADD) or higher functioning autism or a learning disability.

Parent/Carers attend six two hour sessions, weekly. This involves:

- Thinking straight
- Controlling obnoxious behaviours
- Managing kids testing and manipulation
- Encouraging good behaviour
- Strengthening your relationship with your children

## **Antenatal**

Antenatal classes help parents to prepare for labour, birth and early parenthood.

## **Baby Incredible Years (IY)**

It is aimed at parents who are **pregnant or with a child aged up to 6 months**. It runs for a total of 6 weeks (2 hours per week and parents are expected to attend all the sessions). The key areas the course covers is around

- Communication
- Feeding
- Parents Wellbeing
- Safety in the home
- Brain Development
- Routines
- Learning and Development of your child
- Increasing Confidence and Awareness of bonding and attachment
- Responding to babies needs

The course is ran with the baby and parent/carer together and is based on interactive learning which includes use of practical demonstrations and observing techniques on DVD. The size of the group is around 10 families per group. Each attendee is expected to complete a weekly journal and carry out home activities.

## **Baby / Infant Massage**

Aimed at **babies 8 weeks old** and not yet crawling.

It is a 4-5 week programme to enable parent and carers to learn how to massage their babies by participating in a very practical course. The programme will give parents / carers

the knowledge to practise massage safely with their babies. They will also learn how to understand their baby's non-verbal cues, when it is the best time to massage, oils to use, what affects babies stress, how they deal with stress, and how babies self-calm.

Baby massage is a powerful form of communication that can strengthen the emotional bond between parent and child.

## **Conflict**

### **A one off parenting session 5- 18 years**

Areas covered;

- Understanding emotional response- fight or flight
- Preventing and resisting conflict and learning de-escalation techniques
- Skills for managing emotional behaviour
- Alternative and assertive ways of dealing with anger, abuse and criticism from others
- Skills for re-establishing connection with children and young people

## **Non Violent Resistance (NVR)**

It is designed for **parents/carers with children aged 7-18yr old.**

Parent/Carers attend between eight and ten two hour sessions once week.

The aim of this programme:

- Uses the principles of non-violent resistance (NVR) to address violent, destructive and harmful behaviours in children and adolescents. NVR methods and ideas (from the work of Mahatma Gandhi and Martin Luther King) are used in community and family settings to help parents and carers to re-establish.
- This not a programme for behaviour modification or managing anger, but one that helps parents to improve their relationships with their children in the long term. It is important to see the child's violent behaviour as only one part of what is happening in a family and be aware that everyone has the responsibility, and the potential, to help things change.

## **Save A Baby's Life**

A course aimed at anyone involved in the care of children, infants and babies and provides training in basic life support, including CPR, choking and near drowning.

## **Sleep Tight**

Age range: **1-5 year olds**

Length: five weeks programme.

This programme is for parents and carers who would like support to establish bedtime routines and a good night's sleep for them and their child.

This involves:

- The importance of sleep
- Sleep deprivation effects the whole family
- Sleep cycle
- Sleep diary
- Self-settling
- Night wakening's
- Anxiety
- Checklist for good sleep
- Developing a good routine
- 'Sleepy' foods
- Rewards
- Consistency

## **Solihull Approach 5-18 years**

The Solihull Approach – Parenting Programme

- Complete child age range from **0 to 18 years.**
- **10 week** course, **2 hours** per week
- Focus on building a positive relationship between parents/carers and children
- Open to all parents regardless of their situation, who want to look at re-building or maintaining good relationships within the family.

The course is designed to promote secure attachment, to enable parents/carers to identify and understand their own objectives. To learn about the age and stage of the child and how to communicate in an effective way with them. To recognise how their own and their child's feelings impact on everyone's behaviour. To learn how to promote a calmer and happier home environment for everyone.

## How to refer

As the plan brings together the variety of programmes facilitated by different agencies, there are a number of referral routes. The following table gives you the information you will need to refer a family for a parenting programme.

Parenting programme	Age range	Providing agency	Duration	Crèche Y / N	Start date	Time	Venue address	Agency contact no	How to refer
1,2,3 Magic	2-14 years	Family Service and Sure Start NCFP (Children's Centre)	6 weeks		08/01/2018 creche induction support 15/01/2018-12/02/2018	1pm-3pm	Killisick Children's Centre Killisick Road Arnold Nottingham NG5 8BY	Saiqa 0115 8546053	Family Service Menu Item request / referral to Early Help
					09/02/2018-16/03/2018	10.00am-12pm	Bingham Children's Centre Eaton Place Bingham Nottingham NG13 8BE	Saiqa 0115 8546053	Family Service Menu Item request / referral to Early Help
123 Magic	2-14 Years	Rushcliffe Sure Start			02/02/2018-16/03/2018	AM	TBC	Wendy	
123 Magic	2-5 years	Broxtowe South Sure Start	6 Weeks	Y	11/01/2018-15/02/2018	1-3pm	Beeston North Children's Centre Boundary Road Beeston Nottingham NG9 2RG	0115 9935780	EHAF
Antenatal parenting Sessions		Broxtowe South Sure Start	4 weeks	N	30/01/2018-27/02/2018	2pm-4pm	Beeston Health Centre Dovecote House 38 Wollaton Road Beeston Nottingham NG9 2NR	0115 9935780	EHAF

					31/01/2018-28/02/2018	2pm-4m	Stapleford Care Centre 4-16 Church Street Stapleford Nottingham NG9 8DB	0115 9935780	EHAF
Baby Incredible years	0-6 months	Broxtowe South Sure Start	6 weeks	N	30/01/2018-27/02/2018	1.30pm-3pm	Beeston North Children's Centre Boundary Road Beeston Nottingham NG9 2RG	0115 9935780	EHAF
Baby Massage	8 weeks to 16 weeks	Broxtowe South Sure Start	4 weeks	N	06/01/2018-27/01/2018	1pm-2.30pm	Beeston North Children's Centre Boundary Road Beeston Nottingham NG9 2RG	0115 9935780	EHAF
					09/01/2018-30/01/2018				
					05/01/2018-26/01/2018	10.00am-11.30am	Stapleford Children's Centre Grenville Drive Stapleford NG9 8PD	0115 9935780	EHAF
					26/01/2018-16/02/2018	10.00am-11.30am	Chilwell Children's Centre Great Hoggett Drive Chilwell Nottingham NG9 4HQ	0115 9935780	EHAF

					23/01/2018-13/02/2018	1pm-2.30pm	Beeston Central Children's Centre Trevor Road Beeston Nottingham NG9 1GR	0115 9935780	EHAF
Calming ADHD	5-18 years	Family Service	1 Session		02/02/2018	10.00am-2.30pm	The Brickyard Bennett Road Nottingham NG3 6BP	0115 854 6109 / 07753 625389 Debbie Jesson	Family Service Menu Item request / referral to Early Help
					09/03/2018	10.00am-2.30pm	TBC	0115 854 6109 / 07753 625389 Debbie Jesson	Family Service Menu Item request / referral to Early Help
Confidence Building	0-5 years	Broxtowe South Sure Start	4 weeks	Y	09/01/2018-30/01/2018	1pm-2.30pm	Chilwell Children's Centre Great Hoggett Drive Chilwell Nottingham NG9 4HQ	0115 9935780	EHAF
Conflict	5-18 years	Family Service	1 Session		21/02/2018	10.00am-2.30pm	Beeston Family Centre Trevor Road Beeston Nottingham NG9 1GR	0115 854 6109 / 07753 625389 Debbie Jesson	Family Service Menu Item request / referral to Early Help
					21/03/2018	10.00am-2.30pm	TBC	0115 854 6109 / 07753 625389 Debbie Jesson	Family Service Menu Item request / referral to Early Help
Freedom	0-5 years	Rushcliffe Sure Start	10 weeks 11 weeks	Y	Induction 09/01/2018  16/01/2018 27/09/2017	1-3pm	WBYPC Bridgford Road West Bridgford Nottingham NG2 6AP	0115 9165010	EHAF EHAF or through WAIS

Freedom Forever	0-5 years	Broxtowe North Sure Start/BWP	10 weeks	N	16/01/2018-27/03/2018	9.30am-11.00am	Eastwood Children's Centre (Venue not to be advertised)		BWP referrals EHAFs or self-referrals.
Holiday Hub		Broxtowe South Sure Start	4 weeks		09/01/2018-30/01/2018	1pm-2.30pm	Chilwell Children's Centre Great Hoggett Drive Chilwell Nottingham NG9 4HQ	0115 0115 9935780	EHAF
Infant Massage	After 6 week post-natal check to when baby starts rolling	Eastwood Sure Start/Broxtowe North	4 weeks	N	23/01/2018-13/02/2018	10.00am-11.30am	Eastwood Children's Centre Chewton Street Eastwood Nottingham NG16 3HB	0115 9935750	Contact children's Centre, add name to waiting list, then invited by facilitator.
					05/03/2018-26/03/2018	1.30pm-3pm	Eastwood Children's Centre Chewton Street Eastwood Nottingham NG16 3HB	0115 9935750	Contact children's Centre, add name to waiting list, then invited by facilitator.
Kinship		Family Service	3 weeks		Dates to be confirmed		To be delivered via the West and the North Family Service teams		Family Service Menu Item request / referral to Early Help
NVR	7-18 years	Family Service			01/03/2018-24/05/2018	10.00am-12.00pm	Beeston Family Centre Trevor Road Beeston Nottingham NG9 1GR	0115 854 6109 / 07753 625389 Debbie Jesson	Family Service Menu Item request / referral to Early Help



					09/01/2018-27/03/2018	10.00am-12.00pm	Rushcliffe School Boundary Road West Bridgford Nottingham NG2 7BW	0115 854 6109 / 07753 625389 Debbie Jesson	Family Service Menu Item request / referral to Early Help
Parenting Workshops including Toileting behaviour and Home safety		Broxtowe South	5 Weeks		01/03/2018-29/03/2018	1pm-3pm	Centres and Community Venues	0115 9935780	EHAF
Save a babies life (one off workshops)	Up to 2 years old	Eastwood Sure Start	1 Session	N	11/01/2018	9.30am-10.30am	Brinsley Parish hall, Cordy Lane, Brinsley		Call Eastwood Children's Centre to book a place.
					13/02/2018	1pm-2pm	Eastwood Children's Centre Chewton Street Eastwood Nottingham NG16 3HB	0115 9935750	Call Eastwood Children's Centre to book a place.
Sleep Clinic	1-5 years	Eastwood Sure Start	Weekly every Friday	N	05/01/2018	Weekly every Friday	Eastwood Children's Centre Chewton Street Eastwood Nottingham NG16 3HB	0115 9935750	Appointment only through EHAF or Self-referral
Solihull	5-18 years	Family Service	10 Weeks		15/01/2018-19/03/2018	10.00am-12pm	Killisick Children's Centre Killisick Road Arnold Nottingham NG5 8BY	0115 854 6109 / 07753 625389 Debbie Jesson	Referral to Early Help via Mosaic.
Strengthening Families	10-14 years	Family Service	6 weeks		31/01/2018 07/03/2018	4pm-6pm	Venue to be confirmed		Family Service Menu Item request / referral to Early Help

Weaning (one off workshop)		Eastwood Sure Start	16-20 weeks	N	08/01/2018 05/02/2018 05/03/2018	10.00am-11.00am	Eastwood Children's Centre Chewton Street Eastwood Nottingham NG16 3HB	0115 9935750	Call centre and book on.
Webster Stratton Incredible years behaviour management	2 - 5 years	Eastwood Sure Start		Y	25/01/2018-10/05/2018	1pm-3pm	Eastwood Children's Centre Chewton Street Eastwood Nottingham NG16 3HB	0115 9935750	EHAF OT Self-referral

