



# Groups for Parents January– April 2018 in Bromsgrove

Pear Tree, Broad Street, Sidemoor, B61 8LW Tel 01527 835775

Crèche spaces may be available - please call for availability.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Triple P 2 – 10 @ Bromsgrove Library 26 <sup>th</sup> Feb – 26 <sup>th</sup> Mar '18 9.30 – 11.30	Dealing with Disobedience @ Starlight 9.30 – 11.30 5 <sup>th</sup> Feb '18		Birth & Beyond @ Pear Tree 11 <sup>th</sup> Jan – 1 <sup>st</sup> Feb '18 9.30 – 11.30		Birth & Beyond @ Pear Tree 3 <sup>rd</sup> Mar – 24 <sup>th</sup> Mar '18 10.00 – 12.00
Afternoon	Childcare Funding Session 1.00 – 4.00 @ Pear Tree	Understanding Your Child (with crèche) @ Pear Tree 16 <sup>th</sup> Jan – 13 <sup>th</sup> Mar '18 1.00 – 3.00	PEEP 0 – 2 yrs @ Pear Tree 17 <sup>th</sup> Jan – 14 <sup>th</sup> Mar '18 1.00 – 3.00pm	Talking Teens @ Starlight 1.00 – 3.00 18 <sup>th</sup> Jan – 8 <sup>th</sup> Feb '18  Teen Triple P @ Starlight 1.00 – 3.00 1 <sup>st</sup> March – 5 <sup>th</sup> April '18		
Evening	Talking Teens @ Pear Tree 6.00 – 8.00 pm 5 <sup>th</sup> March – 26 <sup>th</sup> March '18	Birth and Beyond 5.00 – 7.00				

### For Family Support (Bromsgrove)

- Live in 10.20.30.40 % SOA
- Known to or open to social care
- Meet two Troubled Families criteria
- Teen mother or father 'to be'
- Teen mother or father
- Care Leaving Parent
- Red Roni who are risk of NEET

### For Parenting advice, support and programmes

- Live in 10.20.30.40 % SOA
- Known to or open to social care
- Meet two Troubled Families criteria
- Teen mother or father 'to be'
- Teen mother or father
- Care Leaving Parent

### Troubled Families criteria (Families need to meet two of the following)

- Parents and children involved in crime or anti-social behaviour
- Children who have not been attending school regularly
- Children who need help
- Adults out of work or at risk of financial exclusion or young people at risk of worklessness
- Families affected by domestic violence or abuse
- Parents and children with a range of health problems

Starlight Café 13 Humphrey Ave., Bromsgrove, B60 3JB Tel: 01527 832919

New song Church, Broad street, Bromsgrove, B618LW

[www.bromsgroveandredditchparentingandfamilysupport.com](http://www.bromsgroveandredditchparentingandfamilysupport.com)

email [parentingandfamilysupport@bromsgroveandredditch.gov.uk](mailto:parentingandfamilysupport@bromsgroveandredditch.gov.uk)



Parenting and Family Support Service - Bromsgrove



@BgroveandRditch



Bromsgrove District Council  
[www.bromsgrove.gov.uk](http://www.bromsgrove.gov.uk)

# Groups for Parents

people

**PEEP** - Duration ten to twelve week course for 1 hour 30mins.

**PEEP** is a Learning together programme supporting families with children 0 - 5 years of age. PEEP learning and activities helps parents to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities - listening, talking, playing, singing and sharing books and stories together. PEEP Supports babies and children to make the most of their opportunities by becoming confident communicators and active learners ready for school.

Groups are separated into ages to be able to focus on the development of the Child's stage of development. Children and parents/carers attend together.

## Birth and Beyond -

Duration four weekly sessions for 2 hours, ideally from 28 weeks gestation of pregnancy.



Transition to parenthood sessions for parents 'to be' and their partners.

Relaxed informal group providing activity based learning and information relating to:

- Getting to know my/our unborn baby
- Changes for me and us
- Giving birth and meeting my/our baby
- Our/my health and well-being (parents)
- Caring for my/our baby
- Who is there for us – people and services



**Family Links** - Duration: ten or eleven sessions for two hours. Suitable for families with children and young people aged birth to 19 years of age.

Family Links group for parents helps parents to understand why children behave as they do, recognising the feelings behind behaviour (ours and theirs) exploring different approaches to discipline finding ways to develop co-operation and self-discipline in children learning the importance of looking after ourselves. Raising awareness of self-esteem, appropriate expectations and benefits of a positive family environment.

**Triple P Discussion Groups** - Duration: four, one off session for two hours.

Suitable for families with pre-school children. A discussion group is a short, small group session run by a trained Triple P Facilitator. Each session brings together about 10 - 12 parents who are experiencing the same parenting issue. They will be given tips and suggestions for dealing with their child's problem behaviour. They'll watch short video clips showing other parents successfully dealing with the same issue and be encouraged to share their thoughts with the other parents in the group. The parents will be given a take-home workbook with simple exercises and information to help them try out the new strategies at home.

There are four problem topics to choose from:

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children



- Praise
- Time Out
- Family Rules
- Choices and Consequences

## Understanding your Child -

Duration: ten or eleven sessions for two hours.



Suitable for families with children and young people aged birth to 19 years of age.

The Solihull Approach 'Understanding your Child' group supports parents to think about how relationships between and with parents and child or young people can be developed as a lifelong skill and to understand child and teenage development to include:

- Exploring feelings
- Behavioural difficulties
- Parenting styles,
- Attachment
- Communication
- Brain development

Each session will bring together 8-10 parents and give the opportunity of peer support and meeting new people experiencing the same issues or just wanting to develop their knowledge.

**Triple P 2 - 10** - Duration: seven sessions for two hours. Suitable for families with children aged 2 - 10/12 years of age.

Triple P is a positive parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. Parents choose the strategies they need. From the start, parents will be given tips and suggestions to fit the needs of their family. They'll see scenes from the *Every Parent's Survival Guide* DVD, which reveal those familiar behaviour problems in children, and show you how the Triple P strategies work in real life.

A workbook will give parents the tools and information they need to start positive parenting right away at home. Each session brings together about 10 - 12 parents who are experiencing the same parenting issue.

Triple P can help parents and carers to:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing



**Teen Triple P** - Duration seven weeks for two hours, suitable for families with teenagers.



A group for parents of teenagers that enables parents and carers to cope positively with common issues associated with raising teens. Support parents to build stronger relationships with their teenagers, to understand their factors that influence teenage behaviour and support to encourage appropriate behaviour. Helps parents to manage and deal with teen emotions positively.

Topics covered:

- Factors which influence teenage behaviour
- Developing positive relationship with your teenager
- Encouraging appropriate behaviour
- Preparing for new or risky situations
- Managing problem behaviour

**Talking Teens: Family Links** – Duration: five sessions for two hours, suitable for families with teenagers.

The programme aims to improve the relationship between parents or carers and teenagers by developing parents' understanding of communication, teenage development and the influence of brain development on behaviour. Parents will also consider conflict and positive approaches to boundary setting and problem solving. Each session brings together about 8-10 parents who are experiencing the same parenting issue. Topics covered:

- Being a parent of a teenager
- Understanding your teenager
- Communication with your teenager
- Managing conflict



**Parenting Clinic** – one to one consultation appointment service for parents with Parenting Practitioner at local centre. We have access to the Behaviour Toolbox series for professionals and parents.

**For more information please contact:** Bromsgrove Parenting Team Leader Angie Holbrook, Pear Tree Centre, Broad St, Bromsgrove, B61 8LW, 01527 835775 Monday – Wednesday, 9.30 - 5.00

Redditch Parenting Team Leader Laura Palin, Holly Trees Centre, Mabey Ave, Redditch, B98 8HW, 01527 61360 Monday - Friday, 9:00-5:00