

Spring 2020

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Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team delivers Triple P and Incredible Years programmes across Sheffield. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.

We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:

Triple P Seminars

This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.

To book a place on a seminar please follow this link and book Via Eventbrite:
<http://bit.ly/SheffParentHub>

Triple P Discussion Groups

The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.

This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.

Booking for Discussion Groups is essential. To book on to a place please follow this link and book Via Eventbrite:
<http://bit.ly/SheffParentHub>

Group Parenting Programmes

A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 9 – 15 weeks depending on the programme.

Booking or referral to a programme is essential.

Please contact us to discuss it in more details on
0114 2057243 or email
Sheffieldparenting@sheffield.gov.uk

0-12 Raising Resilient Children

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognising and accepting feelings.
- Expressing feelings appropriately.
- Building a positive outlook.
- Developing coping skills.
- Dealing with negative feelings.
- Dealing with stressful life events.

0-12 Raising Confident and Competent Children

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.

0-12 Positive Parenting

This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.



Teen - Getting Teenagers Connected

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others

Teen - Raising Competent Teenagers

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.

Teen - Raising Responsible Teenagers

Practitioners introduce parents to the six key elements of teenager's becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.



0-12 SEND - Helping your Child Reach their Potential

This seminar looks at ideas to support parents to help their child get off to a good start by looking at:

- Choosing a skill to teach
- Break the skill into steps
- Choose rewards
- Decide when and where to teach
- Use effective teaching strategies
- Keep track and review progress

0-12 SEND - Positive Parenting for Children with a disability

This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:

- Parents Hope and Dreams
- Developmental delay and disability
- Some realities of being a parent-
- Children's behaviour, the tough part of being a parent
- What is positive parenting?
- Seven Key principles of being a parent.



0-12 SEND - Changing Negative Behaviour into Positive Behaviour

This seminar looks at common behaviour problems and key steps to manage them:

- Track the behaviour
- Understand why behaviour is occurring
- Change events that occur before the behaviour
- Encourage alternative behaviour
- Put your plan into action

0-12 Managing Fighting and Aggression

In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight.

This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

0-12 Developing Good Bedtime Routines

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen.

The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.

0-12 Dealing with Disobedience

This discussion group covers why some children have difficulty learning to follow instructions.

The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.

0-12 Hassle Free Outings with Children

This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public.

Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.



Teen - Getting Teenagers to Cooperate

During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative.

Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.

Teen - Coping with Teenagers' Emotions

In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down.

Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Teen - Reducing Family Conflict

During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.

Teen - Building Teenagers' Survival Skills

This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.



Community Language Discussion Groups

We are offering a selection of discussion groups delivered in different languages with an interpreter. These are currently being arranged and will be advertised in a later What's On Guide when confirmed. Please contact the Team if you require further information.

Incredible Baby

The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s

Duration: 10 weeks

Incredible Years Toddler

It deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Duration: 12 weeks

Incredible Years 2-8

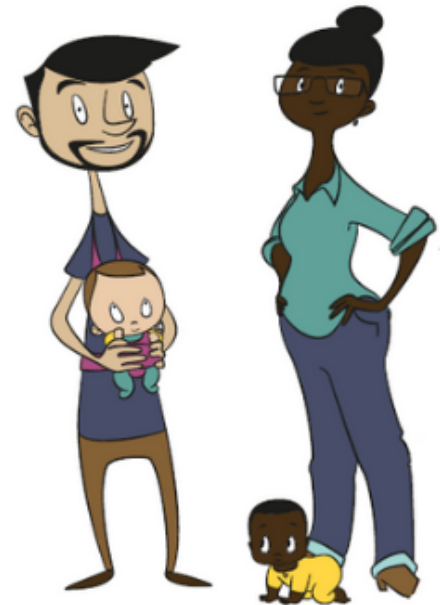
The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour.

Duration: 15 weeks

0-12 Triple P

Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.

Duration: 10 weeks



Teen Triple P

Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.

Duration: 8 - 10 weeks

Stepping Stones

This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting

Duration: 10 - 12 weeks

Family Transitions

This is a parallel programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating parenting. It gives parents ways to limit the negative effects on child development by promoting parenting and family processes that contribute to family adjustment after separation. It focuses on skills to resolve conflicts and cope positively with stress.

Duration: 6 weeks



EPEC - Being a Parent

This course aims to improve child development outcomes, parenting, family resilience and family relationships. The programme creates a trusting group ethos where parents are encouraged and supported. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 8 weeks

EPEC - Being a Parent of a Child with Autism Spectrum Disorder

This course will help parents/carers of children with Autistic Spectrum Disorder. The programme explores ways of managing behaviour, raising self esteem and confidence. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 10 weeks

EPEC - Being a Parent Together

This programme is specifically for parents and carers who are concerned about disagreements, quarrels and unresolved difficulties in their relationship that is affecting their parenting. This conflict may at times put the couple's relationship at risk of separation and breakdown. It aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together course creates a trusting group ethos, where parents are encouraged and supported.

Duration: 10 weeks



Seminars

To book on a seminar, please visit the following:

<http://bit.ly/SheffParentHub> and select the correct session.

Discussion Groups

To book on a Discussion Group, please visit the following:

<http://bit.ly/SheffParentHub> and select the correct session.

Group Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on **0114 2057243**.



Course	January 2020	February 2020	March 2020	April	May
Incredible Baby	20 th Jan - 9 th Mar 9:45am - 11:45am Shortbrook Family Centre			20 th Apr – 15 th Jun 10am - 12pm Wybourn Family Centre	
	29 th Jan - 18 th Mar 10am - 12pm First Start Family Centre			24 th Apr – 16 th Jun 1pm - 3pm Early Days Family Centre	
		11 th Feb – 31 st Mar 1pm - 3pm Lowedges Community Centre			
Incredible Toddler	15 th Jan – 18 th March 1 – 3pm Primrose Family Centre				
Incredible Years 2-8	20 th Jan -1 st June 9:30 - 11:30am First Start Family Centre				
		25 th Feb -30 th Jul 12:30pm - 2:30pm Southern Light Church			
			12 th Mar -16 th Jul 12:30pm - 2:30pm Valley Park Family Centre		
Incredible Years Autism		27 th Feb – 2 nd July 10am – 12pm Stadia Technology Park			
0-12 Triple P	13 th Jan – 2 nd Mar 9:45am - 12pm Hillsborough Park Pavilion				
		26 th Feb – 15 th Apr 12:15pm - 2:30pm Stocksbridge Family Centre			
Teen Triple P	14 th Jan - 17 th Mar 10:15am - 12:30pm Sheffield Town Hall			21 st Apr – 1 st Jul 10am - 12:15pm Arbourthorne Social Centre	
				29 th Apr – 1 st Jul 10:15 am - 12:30pm Sheffield Town Hall	
Stepping Stones	23 rd Jan – 23 rd Apr 10am - 12:30pm The Meadows Family Centre				
				30 th Apr – 9 th Jul 9:45am - 12:15pm Burngreave Family Centre	
Family Transitions		11 th Feb – 24 th Mar 12:15pm - 2:30pm Sheffield Town Hall		14 th Apr – 19 th May 5:45pm - 8pm Sheffield Town Hall	
		12 th Feb – 25 th Mar 12:15pm - 2:30pm Old Sharrow Junior School			
EPEC Being a Parent	7 th Jan – 3 rd Mar 10am - 12:15pm Zest Centre				
	(CHINESE) 14 th Jan – 24 th Mar 12pm - 2pm St Mary’s Wesleyan Reform Church				
EPEC Being a Parent - Autism		24 th Feb – 1 st June 10am – 12:30pm Manor Community Child Care Centre			
			19 th Mar – 11 th June 9:30am – 11:45am Forbes Road Memorial Hall		
				15 th Apr – 24 th June 10am – 12:15pm Shirecliffe Community Centre	
EPEC Being a Parent Together	7 th Jan – 24 th Mar 10am – 12:15pm The Learning Zone				
	9 th Jan – 19 th Mar 10am – 12pm The Spires, Arbourthorne				

Jan	Feb	Mar	April	May
(SEM) 0-12 Power of Positive Parenting 18th Jan 10:30am – 12pm Sheffield Town Hall	(DG) 0-12 Dealing with disobedience 6th Feb 9:15-11:15am Woodseats Primary	(SEM) Raising Confident & Competent Teenagers 11 th March 9:15 – 10:45am Arbourthorne Primary School		(SEM) SEND Changing Negative Behaviour into Positive Behaviour 7 th May 5:30pm – 7:30pm Hunters Bar Infant School
(DG) Dealing with Disobedience 21 st Jan 9:15am – 11:30am Manor Community Childcare Centre		(SEM) SEND Helping your child reach their full potential 17 th March 5:30pm – 7pm Sheffield Town Hall		
(DG) Dealing with Disobedience 23 rd Jan 4pm – 6pm Sheffield City College Nursery		(SEM) SEND Helping your child reach their full potential 18 th March 5:30pm – 7pm Hunters Bar Junior School		
(DG) Building Teenagers survival skills 28 th Jan 3:15pm – 5:15pm Windmill Hill School		(DG) 0-12 Managing Fighting & aggression 19 th Mar 9:15 - 11:15am Woodseats Primary		
(DG) Building Teenagers survival skills 28 th Jan 5:30-7:30pm Stocksbridge High School		(SEM) Raising Responsible Teenagers 24 th March 5:30pm – 7pm Sheffield Town Hall		

Key:



Seminars (SEM)



Discussion Group (DG)

We are continually updating our discussion groups and seminars. If there is a session you are interested in attending but it is not scheduled above, please contact us using the details below.

Tel: 0114 2057243

Email: Sheffieldparenting@Sheffield.gov.uk