

Early Help Parenting Programmes January - April 2021

Programme	Day/Start Date/Time	Venue
<p>0-12 Triple P</p> <p>Parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.</p> <p>Duration: 4 weeks</p>	<p>Daytime Programmes</p> <p>Tuesday 12th January 2021 1.00-2.00pm</p>	MS Teams
	<p>Thursday 26th February 1.00-2.00pm</p>	MS Teams
	<p>Evening Programmes</p> <p>Tuesday 12th January 2021 6:00 – 7:00pm</p>	MS Teams
<p>Teen Triple P</p> <p>Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.</p> <p>Duration: 5 weeks</p>	<p>Daytime Programmes</p> <p>Tuesday 12th January 2021 1.00-2.00pm</p>	MS Teams
	<p>Thursday 26th February 1.00-2.00pm</p>	MS Teams
	<p>Evening Programmes</p> <p>Tuesday 12th January 2021 6:00 – 7:00pm</p>	MS Teams
<p>Stepping Stones</p> <p>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</p> <p>Duration 5 weeks</p>	<p>Thursday 21st January 2021 10:00 – 11:00am</p>	MS Teams
	<p>Thursday 4th March 2021 10:00 11:00am</p>	MS Teams
<p>Edge Of Care</p> <p>This programme is the Triple P model and is for parents/carers who do not have care of their children but do have contact. The programme looks at implementing the model through contact visits or supervised visits.</p> <p>Duration: 4 weeks</p>	<p>Tuesday 12th January 2021 10:00 – 11:00 am.</p>	MS Teams

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<p>Family Links</p> <p>This programme is for the parents of young children up to the age of 10 and looks at topics, including:</p> <p>Understanding why children behave as they do, Recognising the feelings behind behaviour (ours and theirs)</p> <p>Exploring different approaches to discipline and Learning the importance of looking after ourselves</p> <p>Duration – 10 weeks</p>	Look out for Family Links coming soon	
<p>Sleep Tight</p> <p>This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.</p> <p>Duration: 3 weeks</p>	Tuesday 12 th January 10.30-11.30	MS Teams
	Thursday 28 th of January 2021 1.00-2.00	MS Teams
	Tuesday 23 rd of February 2021 10.30-11.30	MS Teams

Discussion Groups	Discussion Group Subject	Day/Start Date/Time	Venue
Short one-off group sessions that offer practical advice for tackling a specific problem behaviour.			
0-12 years	Dealing with Disobedience	Tuesday 12 th January 2021 1:00 – 2:00 pm	MS Teams
		Thursday 4 th February 2021 6:00 – 7:00 pm	MS Teams
	Fighting and Aggression	Thursday 14 th January 2021 1:00 – 2:00 pm	MS Teams
		Tuesday 23 rd February 2021 10:00 – 11:00 am	
	Hassle Free Outings	Tuesday 19 th January 2021 10:00– 11:00 am	MS Teams

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Teen	Coping with Teenagers Emotions	Thursday 21 st January 2021 1:00 – 2:00 pm	MS Teams
		Tuesday 9 th February 2021 6:00 – 7:00 pm	MS Teams
	Getting Teenagers to Cooperate	Thursday 28 th January 2021 1:00 – 2:00 pm	MS Teams
	Building Teens Survival Skills	Tuesday 26 th January 2021 1:00– 2:00 pm	MS Teams
	Dealing with Family Conflict	Tuesday 2 nd February 2021 10:00 – 11:00 am	MS Teams
		Thursday 11 th February 2021 6:00– 7:00 pm	MS Teams