



# Brent Family Solutions

## Parenting Support

## Course Descriptions

Website: [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)

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## **Solihull Approach**

- Programme Duration: 2-hour weekly sessions over 11 weeks  
For parents with children under 5 years

This course is suitable for parents who would like guidance and support in managing their child's day-to-day behaviour. It looks at parenting styles, developmental needs, temper tantrums, exploring feelings, how to recover when things go wrong, communicating with your child, sleep patterns, having fun together and general behaviour issues. In the group, you will focus on your relationship with your child to help you develop a more positive and rewarding relationship with your child.

## **Strengthening Families, Strengthening Communities (SFSC)**

- Programme Duration: 3-hour weekly sessions over 13 weeks  
For parents with children aged 3-18 years

SFSC is a universal programme which helps parents to think about how their actions and experiences may influence their parenting style. In particular, SFSC helps parents to:

- Gain a better understanding of child development.
- Use positive discipline techniques.
- Promote children's social skills and self-discipline.
- Achieve positive change in family relationships.
- Explore and develop strategies to deal with factors that risk poor outcomes for children, such as harsh and/or inconsistent discipline.

## **Strengthening Families, Strengthening Communities Violence Prevention Programme (SFSC Light) (12-18yrs)**

- Programme Duration: 3-hour weekly sessions over 7 weeks

The aim of this 6-week programme is to provide parents with a taster to the full SFSC programme and touch on preventative methods to their children becoming involved with gangs and knife crime.



## **Triple P Group**

- Programme Duration: 2-hour weekly sessions over 6 weeks with 3 telephone sessions  
For parents with children aged 2-12yrs

This programme helps to make raising children easier by managing children's behaviour, emotions and development in a way that is not hurtful. Parents will learn how to build strong relationships, communicate well and encourage the kind of behaviour they want to see raising children with Triple P's positive approach is great because children who grow up with positive parenting do well at school, make friends more easily, feel good about themselves and are also less likely to have behavioural or emotional problems when they get older. Positive parenting is also great for parents, as it helps to build confidence, it minimises the stresses of raising children and reduces conflict with partners about parenting issues.

There are five key steps to Triple P's Positive Parenting:

- Creating a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

## **Triple P – Stepping Stones**

- Programme Duration: 2-hour weekly sessions over 9 weeks  
For parents with children aged 2-12 years

Stepping Stones is an evidence-based support programme for parents who have a child with a developmental disability or behaviour problem. It is suitable for parents with concerns about their child's behaviour, or who wish to learn a variety of parenting skills that will promote their child's development and potential. The programme teaches parents about positive parenting – specifically strategies to support parents to develop a positive relationship with their child, to encourage their children to communicate and develop new skills, and to promote desirable behaviours and manage misbehaviour.

## **Triple P – Teen**

- Programme Duration: 2-hour weekly sessions over 9 weeks  
For parents with children aged 13+ years

This course is designed to help parents cope with the difficulties of parenting a teenager. It also helps parents to understand different behaviour management skills and improves communication within the family. Triple P gives parents simple tips to help manage the big and small problems of family life, like teenage rebellion, self-esteem issues, disobedience and aggression. It can help you deal with all of these areas – and more! The programme aims to prevent problems in the family, school and community before they arise, and to create family environments that encourage children to realise their potential.



## Mellow Parenting

- Programme Duration: 1 day over 14 weeks  
For parents with children up to 5 years

Mellow Parenting is an intense relationship-based intervention which promotes positive parent/child interactions. The Mellow Programmes are aimed towards vulnerable and hard to reach parents who often have trouble engaging in services. Programmes are specifically designed to suit situations, for example, parents with learning difficulties, and looking in much more depth at development and relationships. The principles of social learning theory are also applied in modelling from the facilitator by using video feedback with the parents to help them build on their existing skills and to practice new ways of relating to their children, both in the lunch and activity sessions, and also at home with 'HAVE A GO!'

Mellow Parenting avoids the use of an expert model of parenting, thereby encouraging parents to problem solve and come up with their own solutions.

This course is designed for parents of children with severe or critical concerns.

## Cygnets programme

- Programme duration: 3-hour weekly sessions over 7 weeks  
For parents with children aged 5-18 years

Cygnets is a parenting support programme for parents and carers, including grandparents, uncles, aunts, shared carers of children and young people with an autistic spectrum condition.

The programme is designed to:

Increase parents understanding of autistic spectrum conditions.

Help parents develop their knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour.

Guide parents through practical strategies they can use with children.

Direct parents to relevant (local and national) ASC resources

Give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other.

Cygnets programmes work towards behaviour management and covers a number of topics, including Autism and diagnosis, Communication, Sensory issues, understanding behaviour and managing behaviour.



# Other Parent Support Programmes



## **Cygnets Plus** (this is an extension of the Cygnets core programme)

- Programme duration: 3-hour weekly sessions over 6 weeks  
For parents with children aged 5-18 years

The Cygnets plus programme is delivered as follows:

1. **One session on Sleep:** The session offers support and strategies to enable parents to develop good sleep routines for their children and young people with Autism. The session also explores an understanding of sleep and the importance of healthy sleep.
2. **Two sessions on Sibling rivalry:** The sessions will focus on the issue of rivalry, which arises in families where there is a child with Autism and one or more children who do not have Autism. Parents in this situation have often shared that there can be intense rivalry as a result of the children who do not have Autism experiencing that the child with Autism has more attention from their parent(s)
3. **Three sessions on Puberty, sexual well-being and relationships:** The sessions will address:
  - a. what is puberty, the issues, which arise with the onset of puberty and understanding the human body.
  - b. sexual well-being, an understanding of sex and looking after our bodies.
  - c. relationships, including types of relationships, building relationships, feelings and emotions, social interaction, keeping safe and bullying.
4. **One roundup session,** evaluation and closure

## **Henry – Right from the Start**

- Programme duration: 2-hour weekly sessions over 9 weeks  
For parents with children aged 0-5yrs

The Henry Right from the start programme is a holistic and evidence-based programme designed to support parents and carers to give their children a healthy, happy start in life and improve school readiness. The programme covers nutrition, parenting skills, family emotional wellbeing, family routines and habits, physical activity, sleep and oral health.

## **Henry – Preparing for Parenthood**

- Programme duration: 2-hour weekly sessions over 7 weeks  
For pregnant parents from 24 weeks

The Henry Preparing for Parenthood programme is a holistic programme to help parents-to-be to have a healthy pregnancy, prepare for birth, and get ready to become a



parent. This programme helps parents-to-be support their baby's development and give them a happy, healthy start in life through pregnancy and beyond.

Topics covered:

- Looking after yourselves before and after the birth
- Exploring the kind of family lifestyle, you want to provide for your child.
- Trying out new habits so you will be a healthy role model for your new baby.
- Responding to your new-born's needs

## **Generation Parent Management Training Origan (Gen PMTO)**

- Programme Duration: 2-hour weekly sessions over 14 weeks
- For parents with children aged 8-14 years

The Gen PMTO programme is aimed at families where children aged between 8-14 years old are at risk of developing behaviour problems and/ or where these have already begun, such as bullying or aggression. The programme empowers & provides parents with effective tools to reduce coercive (forceful or threatening) interactions in close knit or intimate relationships such as family i.e., parent to child, sibling to sibling, peer to peer, parent to parent.

Parents will access sessions over 14 weeks exploring positive parenting approaches to prevent and reduce child and adolescent behaviour problems. This will lead to improved children's mental health and wellbeing and reduce crime, violence, and anti-social behaviour.

## **Triple P Baby**

- Programme duration: 2-hour weekly sessions over 9 weeks  
For Pregnant parents or parents with babies under 12months

Triple P for Baby helps parents of babies under a year old, offering practical information at a time of great change for families. It is delivered over an interactive 9-session programme which includes four (2-hour) group or 1:1 sessions where parents participate in a range of activities to learn about building the bond with their baby, encouraging healthy development, and positive strategies to teach their baby new skills as they get older. Parents also learn about coping with common emotional and relationship changes a baby's arrival brings. The four sessions are followed by four individual consultations to help parents with independent problem solving as they practise their new skills at home.

Programme outcomes:



- Create the best environment for your baby.
- Encourage contentment.
- Learn a variety of strategies to cope with crying.
- Understand baby sleep patterns and healthy sleep habits.
- Promote your baby's social and cognitive development.
- Take better care of your own emotional well-being.
- Improve your communication with your partner and other family members.
- Really enjoy life as a new parent
- You choose what works for you – adapt to suit your baby, your family, your values.

## **Made of Money**

- Programme Duration: 2-hour weekly sessions over 7 weeks  
For parents with children aged 2-18 years

Made of Money is a course about money, but not as you know it. It is fun, relaxed and covers things useful to everyone, such as:

- How to save money
- Understanding budgeting, credit, and debt
- How to teach children about money and help them become adults who are more able to look after their money
- How to talk with other people about money – be it family, friends, or banks

Activities are done through games and taste-testing food, and there are lots of chances to talk, as well as practical tools to take away and use at home.

Made of Money runs over 7 sessions – 6 for parents and one where the children are invited to join in with fun, hands on activities to help them learn more about money, advertising and branding, and to help them get on board with saving money.

## **Freedom**

- For women who have experienced domestic abuse

This is a supportive 12-week programme, delivered through 2 hourly weekly sessions. The programme uses activities and discussion to explain and look at violent and abusive behaviour and places it in a social context. It helps survivors of any age and sexual orientation to change their own behaviour and to recognise when they are being controlled.

Through the group candidates are supported to deal with their situation in a confidential and safe environment.







# Workshops



## **Dealing with Disobedience** (For parents with children aged 2-10 years)

- Duration: 2 hours

This discussion topic provides examples of common forms of disobedience and some reasons why children may have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, to teach their child limits and to also manage disobedience when necessary.

## **Managing Fighting and Aggression** (For parents with children aged 2-10 years)

- Duration: 2 hours

In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children, and to discuss some of the reasons children fight. It covers the skills that children need to be able to cooperate and to 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.

## **Developing Good Bedtime Routines** (For parents with children aged 1-9 years)

- Duration: 2 hours

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. The approaches to encouraging children to stay in their own bed throughout the night are discussed: the gentle, the gradual and the direct approach. All approaches are evidence-based, and parents choose which approach suits them best.

## **Hassle-free Shopping with Children** (For parents with children aged 1-10 years)

- Duration: 2 hours

This discussion 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 through step-by-step suggestions for preventing problems and teaching children how to behave on shopping trips. Parents develop individualised plans to manage problem behaviour during their own shopping trips and are encouraged to transfer new parenting strategies to other potentially difficult community situations.

## **Power of Positive Parenting** (For parents with children aged 1-11 years)

- Duration: 1.5 hours

An overview of all the key information about positive parenting, including the benefits of using positive parenting, the main strategies and the five key principles behind this approach:

- Creating a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent



## **Raising Confident, Competent Children** (For parents with children aged 1-11yrs)

- Duration: 1.5 hours

Children who think about others, who contribute to family life and who take responsibility for themselves are on track to become confident and competent learners. This workshop looks at how parents can encourage cooperation and independence, by developing five key building blocks:

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

## **Raising Resilient Children** (For parents with children aged 1-11 years)

- Duration: 2 hours

Emotional resilience is the ability to manage one's feelings and to cope with stress. As they develop, children need to learn to cope with everyday feelings, such as excitement, frustration, anticipation and disappointment, and also to express these emotions in appropriate ways.

All children will experience stressful times in their lives, such as new situations, starting school, or the birth of a new sibling and some children may experience particularly stressful events. Emotional resilience is important for children's long-term happiness, wellbeing and success, and is related to social skills, coping skills and good mental health. The workshop outlines how children develop resilience at different ages and provides concrete strategies for parents/carers to help create a strong emotional foundation for the future.



## Workshops for parents with children aged 13+

### Getting Teenagers to Cooperate

- Duration: 2 hours

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 cooperative at home.

### Coping With Teenagers' Emotions

- Duration: 2 hours

In this session, parents discuss some of the reasons teenagers have emotional reactions and the 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.

### Building Teenagers' Survival Skills

- Duration: 2 hours

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 situations which may potentially put their health or wellbeing at risk.

### Reducing Family Conflict

- Duration: 2 hours

During this discussion, parents share some of their experiences of conflict with their teenager and discuss why sometimes this occurs in families. Several positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems. Ways to manage times when conflict affects the whole family are also discussed.

### Gangs: Parental Awareness

- Duration: 2 hours

This workshop will focus on providing parents with information about gangs and the associated risks to young people including knife crime. Parents will learn about how gangs groom and exploit young people and signs to look out for.



## **An Introduction to Understanding County Lines for Parents**

➤ Duration: 2 hours

A parent's guide to understanding what County Lines are, how they are formed and operate, who is targeted and how they impact the lives of young people and their families through exploitation.

Parents will learn about signs to look out for.

## **Parenting: Your Style, Your Child**

➤ Duration: 2 hours

A total of 149 different languages are spoken in the London Borough of Brent. It is the most diverse borough in the UK. This workshop will celebrate that fact and provide parents with an opportunity to explore how their culture informs their parenting practice and style.



# Family Relationship Support Programmes

## Family Transitions Triple P

- Duration: 2 hourly sessions delivered over 6 weeks

Family Transitions is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During five sessions, Family Transitions assists parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Intro: Family Transition programme overview

Session 1: Divorce a Family transition.

Session 2: Coping with Emotions 1

Session 3: Coping with Emotions 2

Session 4: Managing Conflict

Session 5: Balancing Work, Family and Play

### 5 principles:

Meeting the needs of children  
An effective co-parenting relationship  
Communication appropriately with children  
Setting up a new life as a single parent  
Taking care of yourself

## Parents As First Teachers (PAFT)

- Duration: 1-2 hours up to 8 weeks

PAFT is a homebased parent intervention programme and is aimed at parents with babies and pre-school children (0-5yrs) and is designed to enhance child development, parent to child interaction, family wellbeing and school achievement.

PAFT practitioners will work with parents on a one to one basis focusing on 5 key areas:-

- Child development
- Parenting behaviours
- Parent to child interactions
- Development centred parenting
- Family wellbeing



For all our workshops and programmes in Brent we provide:

- A crèche
- An interpreter
- A centralised booking system

If you are interested in hosting a programme or workshop, or are trained in any of the programmes listed and would like to co-facilitate, please contact us at [parentingprogrammes@brent.gov.uk](mailto:parentingprogrammes@brent.gov.uk).