



### **Incredible Years**

Incredible Years is for parents with children aged 0-16 years. It offers a practical approach, enabling parents to build a relationship with their child, as well as explaining how to address behavioural issues. The programme runs for 2-3 hours a week, with the number of weeks varying, depending on the programme.

### **Mellow Parenting**

Mellow Parenting has developed a series of programmes for parents and parents-to-be. They are designed to enhance the parent/child relationship, and address issues connected with early attachment and bonding. Mellow Parenting are intensive programmes that work with parents and their children 1 day a week, over 14 weeks.



### **Not sure what's best for you?**

There is lots of useful information to support you throughout your child's early years, childhood and teenage years, including details of parenting groups. Visit [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting) or call us on **020 8937 4417**.

Family Wellbeing Centres provide a wide range of support services from pregnancy up until your child is 18 years old (or up to 25 for young people with additional needs). For more information of what's on offer, or to register, please go to the council website and search for Family Wellbeing Centres.



**Brent**

09.17BDU7710



# parenting support in Brent

**Website: [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)  
Email: [parentingprogramme@brent.gov.uk](mailto:parentingprogramme@brent.gov.uk)**





If you are reading this, you should know you are not alone. There's no such thing as a perfect parent or a perfect child. Babies don't come with an instruction manual!



### Why do we offer parenting support?

In Brent, we recognise that parents want to provide the best possible start for the well-being of their children, to enable them to grow and develop, and to realise their potential into the future. Parents often ask for and need some help and guidance along the way.

### Common concerns

Children's behavior is often challenging and the reasons for misbehavior are many. It might be that:

- They are testing the boundaries
- They are worried about school
- There is sibling rivalry
- They want their parents' attention.

Sometimes children can become stuck in a pattern of behaviour, particularly when they realise that this gives them the attention they crave. In this situation family life can be compared to 'living in a pressure cooker'. It's sometimes easier just to 'try and keep a lid on it', instead of releasing the pressure slowly and effectively.



Asking for help and joining a parenting support group can help you to find different ways of dealing with the pressure.

### What support is available?

There are many different types of parenting support available in Brent, that are led by professionals, and volunteers from the council, health, education and community, all working together to support families.

### Solihull Approach

This programme is for parents with children aged 0-5 years who want to find out more about developmental needs, temper tantrums, exploring feelings and how to respond when things go wrong. It runs for 2 hours a week over 10 weeks and is also accessible online.



### Other support available

There is also a range of other support programmes for parents including:

- One-off, 2-hour workshops and seminars covering a range of parenting issues, for example, developing a good bedtime routine
- Made of Money, which supports parents to develop practical financial skills
- Going for Gold, which supports teenage parents.

### Strengthening Families, Strengthening Communities

This programme is for parents with children aged 3-18 years, and explores the influences of ethnicity, culture and family, as well as spiritual roots and traditions. It includes a variety of approaches to address bad behaviour and to develop good behaviour. The programme also addresses concerns regarding children and young people's involvement with gangs or extremism. It runs for three hours a week over 13 weeks.

### TripleP(Positive Parenting Programme)

There are a number of different Triple P programmes, including Triple P for parents of children aged 0-12 years, Triple P Teen for parents of teenage children and Triple P Stepping Stones for parents of children with additional needs. The programmes are 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 Triple P programmes run for 2 hours a week over 8-9 weeks, depending on the programme delivered and are also available online.

