



Parenting Programmes

Autumn/Spring Term 2011

www.rbkc.gov.uk/parenting



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Course title: Strengthening Families, Strengthening Communities

Beginning	Venue	Weeks	Additional Info	Contact
Sept 2011	Venture Community Association 103a Wornington Road W10 5YB	13	Arabic Speaking	Naima L'Bini 0208-383-6123
Feb 2012	To be confirmed	13		Val Patterson 0208-962-5720
Spring 2012	To be confirmed	16	Learning Disabilities	Madeleine Phipps 07976-060-386

Course title: Strengthening Families 10 - 14

Beginning	Venue	Weeks	Additional Info	Contact
6 th Oct 2011	36 Oxford Gardens W10 5UQ	7		Jonty Roberts 0207-854-5880

Course title: Incredible Years

Beginning	Venue	Weeks	Additional Info	Contact
Nov 2011	Maxilla Children's Centre 4 Maxilla Walk Kingsdown Close W10 6NQ	12		Lucille Brown 0208 206 7640

Course title: Family Links Nurturing

Beginning	Venue	Weeks	Additional Info	Contact
28 th Sept 2011	Holmefield House 4-6 Golborne Road W10 5PE	10	For parents with a child 0 to 5 years old	Cheneen Bertoni 0207 938 8417
Jan 2012	Cheyne Children's Centre 10 Thorndike Close SW10 0ST	10	For parents with a child 0 to 5 years old	Rachael 0207-349-1655

Course titles: Parentwise, Parenteen, Parentalk

Beginning	Venue	Weeks	Additional Info	Contact
Oct 2011	West London Action for Children 15 Gertrude Street SW10 0JN	6	Parentalk www.wlac.org.uk	Jennifer Allen 0207 352 1155
Nov 2011	West London Action for Children 15 Gertrude Street SW10 0JN	4	ParentWise www.wlac.org.uk	Jennifer Allen 0207 352 1155
19 th Oct 2011	West London Action for Children 15 Gertrude Street SW10 0JN	4	Parenteen www.wlac.org.uk	Jennifer Allen 0207 352 1155

Course title: Triple P Teen

Beginning	Venue	Weeks	Additional Info	Contact
Nov 2011	To Be confirmed	8		

Course title: Triple P

Beginning	Venue	Weeks	Additional Info	Contact
4 th Oct 2011	Holmefield House 4-6 Golborne Road W10 5PE	8	Under 11s	Early Years 020 7598 4775
Jan 2012	Violet Melchett Family Centre 30 Flood Street SW3 5RR	8	Under 11s	Early Years 020 7598 4775

Strengthening Families Strengthening Communities (SFSC)

The SFSC programme is a **13 week programme** for parents with children aged three to 18 years old. Each session is three hours long and they are held once a week.

The course empowers mums, dads and carers, helping them to forge positive relationships with their children and others.

Parents and carers **learn strategies** and **develop tools** to:

- build close and warm relationships with their children
- foster self-esteem in their children
- deal confidently with risky situations
- avoid the dangers of inconsistent parenting
- manage anger

The group shares their experiences and work together towards solutions with the support of the facilitators.

Information resources are provided for further support after the course has finished, and they will also be connected to community resources to further reduce the risk of isolation.

SFSC also provides a cultural framework to validate the historical and family experiences of different ethnic groups.

Incredible Years Programme

The Caroline Webster Stratton-Incredible Years Programme is a **12 week programme** that increases the confidence of mums, dads and carers to carry out their parenting role. It is designed for parents and carers of children aged two to eight years.

They learn strategies and tools to help manage difficult behaviour, to improve communication with their child/children and reduce conflicts at home. By the end of the programme participants will have a better appreciation of the world from their child's perspective.

Topics covered include:

- play
- praise and communication
- tangible rewards
- limit setting
- natural and logical consequences
- time out

Each session includes open discussion, formal teaching, role play, video modeling, weekly home work and having fun!

Weekly sessions are filmed with parent/ carers permission and are used for group leader's supervision to monitor and improve performance.

Family Links Nurturing Programme

The **Nurturing Programme** is a **10 week group based parenting programme** for parents and carers of children under five.

It **empowers** mums, dads and carers by:

- promoting emotional literacy and emotional health
- raising self esteem
- developing communication and social skills
- teaching positive ways to resolve conflict
- providing strategies to encourage cooperative, responsible behaviour and managing challenging behaviour in children
- offering insights into the influence of feelings on behaviour
- encouraging adults to look after themselves

West London Action for Children

West London Action for Children, a voluntary organisation within Kensington and Chelsea, run parenting courses that use both solution-focused and narrative therapy approaches, based on the Family Caring Trust model. Their forward looking, solution focused groups include **ParentTalk**, **ParentTeen** and **ParentWise**.

ParentTalk is a **six session course** for parents and carers of children aged three to 11 years.

It gives participants a better understanding of their children's needs and promotes parenting skills for co-operation and harmony.

Topics covered include:

- Keeping calm
- Setting limits
- Getting cooperation
- Encouraging and praising
- Including the parent

ParentWise is a **six session course** for parents and carers of children of all ages – from babies to young people. The pressures of everyday life can sometimes wear down a parent's best intentions.

ParentWise empowers parents and carers with confidence and assertiveness for those times when they may find the demands of their children, emotionally and materially difficult to manage. It gives parents and carers the encouragement and support to change what could be habits of a lifetime.

Topics covered include:

- Standing up for yourself
- Dealing with Criticism and Abuse
- Saying what you think and feel
- Saying "NO" and meaning "NO!"

ParentTeen is a **six session course** for parents and carers of children aged 11 to 18 years.

Parents/carers and teenagers are under enormous pressure, and can feel overwhelmed by outside influences and demands.

Parents/carers may feel that things are beyond their control.

ParentTeen helps parents and carers of teenage children to better understand behaviour that is causing concern to them or to other agencies. It provides a safe place for parents to express their thoughts and feelings. It finds strategies and approaches to deal with behaviour, using the parent's existing skills.

Topics covered include:

- Keeping your cool
- How to reconnect with your teenager
- Talking and listening
- Becoming a more confident and optimistic parent

Triple P Parenting Programme

The Positive Parenting Programme is an eight week programme (including group sessions and telephone contact/drop in sessions) which aims to build positive relationships between parents and their children. This programme is offered to parents with children aged between 3 to 12 years, who reside in Kensington and Chelsea or whose children, go to a school in Kensington and Chelsea.

The programme was developed and researched in Australia and has been proven to enhance parents abilities when managing their children's behaviour. It does this by promoting understanding of children's development and gives tools and strategies on how to manage misbehaviour.

Triple P Teen Parenting Programme

Triple P Teen is an 8 week programme including group sessions and telephone contact/drop-in which aim to build positive relationships between parents and their children.

It helps parents develop different ways of coping and strategies for dealing with a variety of adolescent problems within a supportive group atmosphere.

Incredible Years Parents and Babies

Incredible Years Parents and Babies programme supports parents who have babies aged 0 – 6 months old. The programme is run over 8 weeks for 2 hours a week and focuses on helping parents learn to observe and read their babies' cues and ways of learning, including visual and verbal communication.

*For further information and to find out how to book onto any of these programmes please contact Di Thomas, Parenting Co-coordinator via email Di.Thomas@rbkc.gov.uk or telephone **07875 125288** Visit www.rbkc.gov.uk/parenting for more local parenting information.*