Parenting Programmes

Spring Term (January to April 2010)

www.rbkc.gov.uk/parenting
### Course titles: Parentwise, Parenteen, Parentalk

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### Course title: Triple P Parenting Programme

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<td>2nd March 2010</td>
<td>Latymer Christian Centre</td>
<td>5 weeks</td>
<td>Early Intervention for Families</td>
<td>Leah Drane 020 8206 7648</td>
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<td>Rose Alfred 07976-060-157</td>
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Dates, times and venues subject to change
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 child/ren
- deal confidently with risky situations
- avoid the dangers of inconsistent parenting
- manage anger

The group share 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.

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The **Caroline Webster Stratton-Incredible Years** 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/ren 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 modelling, 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.

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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 take time to look after themselves
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 **ParenTalk**, **ParenTeen** and **ParentWise**.

**ParenTalk** is a six session course for parents and carers of children aged three to 11 years. It gives participants a better understanding of their child/ren’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

**ParenTeen** 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. ParenTeen 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

**ParentWise** is a six session course for parents and carers of children of all ages – from babies to young people. The pressures of every day 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!”

**Triple P Parenting Programme**

The **Triple P** is an eight week programme (four weeks attending a group, followed by four weeks telephone contact) which aims to build positive relationships between parents and their children.

- This programme is offered to parents and carers with children aged from three to 12 years, who reside in Kensington and Chelsea or whose child attends a school in Kensington and Chelsea.
- The programme was developed and researched in Australia and has been proven to enhance parents self efficiency 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.