

EARLY HELP FAMILY HUB

PARENTING PROGRAMME MANUAL



September 2021 - May 2022

How to apply

- All parenting programmes listed are available to parents (subject to young person's age).
- Partner agencies to email Soniya khatun Soniya.khatun@enfield.gov.uk with parents details (Name, address, contact number and email address).
- Alternatively, please email Earlyhelp@enfield.gov.uk Contact number: [02083792002](tel:02083792002)
- All parenting programmes are online based (Microsoft Teams).
- All programmes run for 6-8 weeks, 1 day per week (term time only).
- Participants will be contacted for confirmation of attendance. Microsoft teams link will be sent via email with instructions closer to the time.

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Reducing Parental Conflict training	9	0-18	RPC session included in all the parenting programmes listed.

ESCAPE Parenting Programme

6-week online programme

10-18 years of age

This programme will help parents in:

- children's challenging behaviour
- Learning from other parents
- Understanding child development
- Developing and setting clear boundaries that promotes a positive parent-child relationship
- Using appropriate parenting techniques to promote confidence
- Building good relationships with schools
- Preventing family conflict
- Gaining new strategies to manage behaviour Preventing children from anti-social behaviour



Workshops are delivered once a week for 6 weeks from:

**Monday 8th November 2021 – Monday 13th December 2021
9.45 am – 11.45am**

(Microsoft Teams link will be sent via email with instructions closer to the start date).

Inspiring Change Parenting Programme

6-week online programme

0-18 years of age

Raising a family is one of the hardest things to do – it takes a village to raise a child. No one can parent on their own we need help, guidance and support to become a **good enough** parent.

This programme allows you to have conversations with other parents to learn from each other and hopefully gain skills to improve your parenting.

This programme will cover:

- Boundaries and behaviour
- How to set limits with our children
- Family routines
- Positive parenting
- Keeping our children safe
- Education and learning
- Reasons why children may refuse to attend school
- Factors that can affect attendance
- Relationship with school
- How a child may react
- How can parents help
- Family conflict
- Conflict between children and parents
- Inappropriate discipline
- Contributing factors to abuse and violence
- Gang awareness



Workshops are delivered once a week for 6 weeks from:

**Monday 11th November 2021 – Monday 13th December 2021
9.45 am – 11.45am**

(Microsoft Teams link will be sent via email with instructions closer to the start date).

Embracing Family lives parenting programme

6-week online programme

10-18 years of age

Embracing Family Lives gives parents and carers an opportunity to share experiences and gain confidence in their abilities to meet the on-going challenges of parenting in an ever-changing community.

Advice, information, strategies and resources will be shared over the 6 weeks with the view of you feeling more equipped, confident and inspired to support your child/young person as they develop and grow.

Topics which can/will be covered:

- What makes a good parent?
- Barriers that prevent good parenting
- Sex and relationship education (social media, puberty, consent)
- Gang awareness
- Changes to your teenager's behaviour – possible causes
- Responsibilities of a parent
- Emotional and mental wellbeing of the child
- SEN Role modelling of behaviour
- Domestic abuse
- Parental mental health
- Substance misuse
- Local sources of support



Other subjects can be discussed as requested.

Workshops are delivered once a week for 6 weeks from:

**Monday 10th January 2022 – Monday 21st February 2022
9.45 am – 11.45am**

(Microsoft Teams link will be sent via email with instructions closer to the start date).

Being a Parent Programme

Empowering parents, Empowering communities (EPEC)

8-Week online Programme

2-4 years of age

This programme will cover:

- Being a good enough parent
- Play/spending time with you child
- Understanding your child's behaviour
- Discipline strategies
- Listening and communication
- Coping with stress



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Workshops are delivered once a week for 8 weeks from:

Thursday 7th October 2021 9.30 am – 10.30am

**To book a place or to find out more information please call
Charlene Ashworth on [07719324880](tel:07719324880) or email at Charlene.ashworth@enfield.gov.uk**

Speak Easy Parenting Programme

(Speakeasy session included in all the parenting programmes listed)

10-18 years of age

The main aim of the speak easy parents' course are:

- To encourage parents to provide positive relationships and sex education in the home
- To encourage parents to take on the role of relationships and sex educator.
- The Speakeasy parents' course objectives are:
- Identify participants' needs, fears, concerns and hopes, as parents
- Provide a safe and comfortable environment for learning
- Help parents access relevant information and support in their role as relationships and sex educators
- Develop parents' confidence, sensitivity and skills in relation to their children's relationships and sex education.



Workshops are delivered once a week for 6 weeks from:

Dates to be confirmed

(Microsoft Teams link will be sent via email with instructions closer to the start date).

Reducing Parental conflict Programme

(RPC session included in all the parenting programmes listed)

What is Reducing Parental conflict:

Some level of arguing and conflict between parents is often a normal part of everyday life. However, there is strong evidence to show how inter-parental conflict that is frequent, intense and poorly resolved can have a significant negative impact on children's mental health and long-term life chances.



1 in 10 children living with both parents have one parent reporting 'relationship distress'



Children can readjust well to parents separating. It is conflict that harms children not separation



Children's wellbeing and life outcomes are affected by conflict between their parents from the womb



67% of new parents report a drop in relationship satisfaction in the first 3 years of a child's life



'Relationship distress' doubles where both parents are out of work



The cost of family breakdown is estimated at £51 billion annually

To find out more information please email
Early Help family hub at Earlyhelp@enfield.gov.uk or call 02083792002