



CHILDREN
& FAMILY
SUPPORT

Parenting Programmes and Workshops for Parents and Carers

*A guide to free parenting
programmes and workshops
available to Warwickshire
families*



Warwickshire
County Council

Parenting Courses, Programmes and Workshops

No one ever said being a parent or carer was going to be easy. In fact, it is probably the most demanding job you will ever have. Parenting courses, workshops and programmes are a great way to help you find new ways of supporting your children. They can help you come up with new ideas, problem solve and reduce stress. You won't be alone with many of the concerns you have so it can be encouraging to recognise and build upon your existing skills at the same time as sharing and learning from other parents and carers.

Solihull Approach online guides

We offer a range of free online parenting courses designed to support parents and carers feel more confident across all ages of childhood. You are in control of what you learn, at a time that suits you and at your own pace. You can do them alone or with someone else, together or separately but in tandem – it's your choice.

You can access the online guides via
<https://www.warwickshire.gov.uk/parentguides>

Understanding your pregnancy



Understanding your baby



Understanding your child



Understanding your teenager's brain



Understanding your child with additional needs



There are five Solihull Approach online guides available:

- **Understanding your pregnancy** - Provides you with facts about labour and birth and builds your confidence in becoming a parent. This is developed by midwives and other psychologists.
- **Understanding your baby** - Develop your relationship with your new baby and helps to build your confidence as a new parent / carer. Developed by health visitors and child psychologists.
- **Understanding your child** - This programme helps you to make sense of child development, play and behaviour and provides reassurance about being a parent / carer.
- **Understanding your teenager** - Explains what happens to the brain as children hit adolescence and understand the changes in behaviour. The programme explores what you can do to help your teenager.
- **Understanding your child with additional needs** - For parents and carers of children who may have a physical or learning disability or autistic traits. This programme lays the foundation for understanding your child and considers topics, such as sleep and anger management, in more depth.

You can access the Solihull Approach online guides via <https://www.warwickshire.gov.uk/parentguides>

Enter the access code BEAR when promoted.



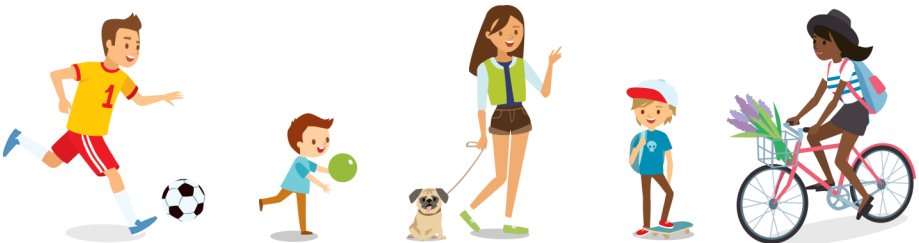
Workshops

Our short, two hour workshops provide a focussed overview of the theme. You are welcome to ask questions and interact in the session or alternatively turn off your camera and listen.

- ◆ **Understanding Children's Behaviour (2-12 years)** - This workshop explores how positive parenting strategies can help support parents and carers to gain a greater understanding of children's behaviours and the needs behind them. It also provides positive strategies to help manage children's challenging behaviours within the home.
- ◆ **Routines and Boundaries (2-12 years)** - This workshop explores the importance of routines and boundaries in the home, for both children and adults. It supports parents and carers to identify and develop a good routine to help reduce stress and create a more calm and co-operative home life.



- ◆ **Sleep (2 years & upwards)** - This workshop explores the importance of sleep, providing an understanding of the sleep cycles of children, good sleep hygiene, and the common causes of sleep issues. It also provides positive strategies to support good sleep in children and young people.
- ◆ **Safe Home, Happy Home** - This workshop explores the importance of safety in the home. Identifying common risks including, identifying dangers, home conditions, hygiene and internet safety. Providing support and ideas to develop a safe and happy home.
- ◆ **Understanding your Teenager** – This workshop recognises that parenting teenagers can be hard at times. It aims to enhance parent / carer relationships with their teenagers and gain more of an understanding around the transition to adolescence.



Parenting Programmes

10 week courses

Our 10 week courses offer parents and carers a more comprehensive understanding of the challenges of parenting and supports parents and carers in making the changes that will help them have a happier family life.

- ◆ **The Nurturing Programme (2-12years)** - 2 hours per week for 10 weeks. This programme provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. It supports parents and carers with a deeper understanding of why children behave as they do and helps them to explore different ways to guide children's behaviour.
- ◆ **Solihull Approach (0-18 years)** - 2 hours per week for 10 weeks. This programme provides parents and carers with a better understanding about their child's / teen's brain development and how it affects their behaviour. It helps them to understand more about why children behave a certain way when they are angry, having a temper tantrum or having trouble sleeping and offers advice about how best support them.



Parenting Programmes

5 week courses

Our 5 week courses offer parents and carers the foundations of positive parenting and behavioural approaches to common parenting difficulties and provides a more in depth look at how to make positive changes at home.

- ◆ **Sleep Tight (2years & upwards)** - 2 hours per week for 5 weeks. This programme provides parents and carers with support to help children who are experiencing sleep problems. It offers individualised detailed advice and support regarding the importance of sleep and understanding sleep cycles, as well as some of the common causes of sleep issues. The programme provides helpful strategies to overcome these problems and establish appropriate bedtime routines.
- ◆ **The Nurture Parenting Puzzle (0-12 years)** - 2 hours per week for 5 weeks. This programme focuses on the key strategies of the Family Nurturing Programme. It supports parents and carers with a deeper understanding of why children behave the way they do, and how empathy, self-awareness, appropriate expectations and positive parenting are all good strategies to use to help guide challenging behaviours.



Parenting Teenagers Programmes

We offer two specific parenting programmes for parents and carers of teenagers. An online course is available for teenagers themselves.

- ◆ **The Talking Teens Programme** - 2 hours per week for 5 weeks. The Talking Teens Programme provides support to manage challenges, enabling you to have a calmer, happier family life. A tried and tested programme, it helps you to think about what we do, why we do it, how it makes us feel and explores common questions that many parents / carers have.
- ◆ **Solihull Approach –Understanding Your Teenager** - 2 hours per week for 4 weeks. This programme provides parents and carers the opportunity to enhance relationships with their teenagers. Raise parent / carers insight into teenage development and behaviours and provide positive parenting strategies.

An online course aimed specifically at Teenagers:

- ◆ **Understanding your brain** - online course with 9 modules. Find out what's happening in your brain! Your brain changes as you hit adolescence. Going to sleep later? See how the changes in your brain explain some of the changes in your behaviour.

<https://inourplace.heiapply.com/online-learning/course/43>

Access code - BEAR



Courses for Parents and Carers supporting children and young people's mental health and well-being



Parents and Carers can access a range of courses to support children and young people's mental health and well-being through the Recovery and Wellbeing Academy

<https://www.recoveryandwellbeing.co.uk/Courses>

From the website please select courses for parents or those caring for children to show the list of course below:

Course	
▶	Helping Children and Young People Build Mental Resilience (by Springfield Mind) (NEW)
▶	Understanding and Supporting Children Aged 12+ Years with Anxiety (NEW)
▶	Understanding and Supporting Children Aged 3-11 Years with Anxiety (NEW)
▶	Understanding and Supporting Children and Young People with School Refusal (NEW)
▶	Understanding and Supporting Children who Self-harm (NEW)
▶	Understanding Emotional Regulation in School Aged Children (NEW)
▶	Understanding Low Mood in Children and Young People (NEW)
▶	Understanding Self-esteem in Children and Young People (NEW)
▶	Understanding Sensory Needs in School Aged Children (NEW)

How to book or to find out more

Courses are free, easily accessible and are advertised and bookable through eventbrite.

The Eventbrite logo, featuring the word "eventbrite" in a lowercase, sans-serif font. The "event" part is in red and the "brite" part is in black.

Search [www.eventbrite](https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993), Warwickshire Children and Families or follow the link below:

<https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

Courses are advertised during the day and in the evening and weekends. Please see eventbrite for specific course details.

If you would like to speak to someone further about the workshops or parenting programmes please call the Family Support Line on

01926 412412,

Monday to Friday 9.00 a.m. - 4.00 p.m.

or email:

ehparenttrainers@warwickshire.gov.uk

