**Parenting offer from September 2024**

**Universal Offer**

**Family Assist**

The Family assist Solent is an innovative new way of ensuring that parents and their friends and families have access to a wide range of information and resources, both local and national, at their fingertips.

Family Assist can be accessed <https://solent-family-assist.custhelp.com/>

Parents can access Solihull on-line parenting course; the course cover a wide range of topics for all ages. There are also course that young people can access themselves.

**Parenting surgery**

Parents who do **not** have a Lead Professional can access a parenting surgery. These are one off 30-minute sessions for those that need support around a specific issue or, general behavioural management support.

Parents should contact the Parenting Service themselves to request a Parenting Surgery; where this is not possible, those supporting the family (e.g. SENCo, pastoral support etc.) should make it clear that the parents are fully aware and on-board with this request.

All requests for a parenting surgery should be emailed to the Parenting Service inbox with the following information:

* Parent Name
* Contact Number and email address
* Focus Child Name and DOB
* Address
* Summary on the areas of support needed

Sessions will be arranged to suit the parents.

**Lead Professionals** who are working with a family should **not** refer to the surgeries but should request a TAW following the agreed process, booking **directly** with the practitioner via Outlook.

**Triple P Fear-Less**

Anxiety is a normal and adaptive human response. Learn to manage your child's anxiety effectively in order to avoid excessive distress and interference with day-to-day functioning'
(6-week course for parents/carers, 1 course to run each half term)

To access Triple P Fearless we will require the following information sent to the parenting in box for this course ParentingService@portsmouthcc.gov.uk

* Name & DOB of focus child
* Parent(s) name, contact number, address and email address.
* Of those being referred - do they need any special requirement or adjustments made for in order them to access support?
* A brief summary highlighting behaviour being displayed, the impact the behaviour is having on the family and a clear description of how managing the young person's anxiety is also impacting on the family, why do the parent want to attend and is there any other mental health support that is in place.

**Parenting When Separated**

This is a six-week course for parents who have or are separating. The course focuses on the needs of the child by exploring how to solve co-parenting problems in a positive way. encouraging parents to support their child to cope with the impact of separation both emotionally and practically. Parents will also learn stress management techniques, to enhance communication with their child and the other parent.

Please note due to the unique nature of this group, requests will be held until there are enough parents before a group will be arranged. Both parents will not be invited to attend the same group, as the subjects covered would be too emotive. The other separated parent would be given the opportunity to join a group in the future.

To access the Parenting When separated course we will require the following information sent to the parenting in box for this course ParentingService@portsmouthcc.gov.uk

* Name & DOB of focus child
* Parent(s) name, contact number, address and email address.
* Of those being referred - do they need any special requirement or adjustments made for in order them to access support?
* Please also include a brief summary of the current situation and the impact this is having on the child and parent.

**NVR - Lite**

Previously known as RR is now part of the universal offer, a Family support plan is no longer required. This course is suitable for those parents who are starting to see emerging aggressive behaviour from their child, which is starting to impact on the family relationships. The course uses the NVR principles to restore family relationships.

This course is a workshop style course run over 3 sessions, there is an expectation that parents will attend all 3 sessions.

To access NVR Lite we will require the following information sent to the parenting in box for this course ParentingService@portsmouthcc.gov.uk

* Name & DOB of focus child
* Parent(s) name, contact number, address and email address.
* Of those being referred - do they need any special requirement or adjustments made for in order them to access support?
* Please also include a brief summary of the current situation and the impact this is having on the family and why parents want to attend.

**Parenting courses for those families who have a Family Support Plan and Lead Professional.**

**NVR**

This course supports parents to learn skill to overcome aggressive, harmful behaviours in children and young people. This can include school avoidance, self-harm, children at risk of exploitation and other risk- taking behaviours.

The request for NVR must come from the lead professional and accompanied by either a Family Support Plan or Child and family Plan. Having one or the other is part of the criteria for NVR.

We will require the following information sent to the parenting in box for this course ParentingService@portsmouthcc.gov.uk

* Name & DOB of focus child
* Parent(s) name, contact number, address and email address.
* Of those being referred - do they need any special requirement or adjustments made for in order them to access support?
* Please also include a brief summary of the current situation and the impact this is having on the family and why the parents what to attend.