

# Parenting Programmes

## at Tower Hamlets



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020 7364 6398

[www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)

# Support for Families at Tower Hamlets

The Parent and Family Support Service offers a comprehensive choice of parenting programmes that are available to all parents and carers who live or work in the borough of Tower Hamlets.

Parenting programmes support and empower parents and carers to utilise existing parenting skills and learn new and effective parenting strategies to support in raising their child/children. Parenting programmes offered at Tower Hamlets are evidenced based and informed by research.

Programmes are delivered by experienced parenting facilitators who ensure that programmes are interactive and inclusive. Parents can build self-confidence, increase understanding of child development, learn positive ways to deal with conflict, learn how to practice self-care whilst parenting and learn to manage children's behaviour in an appropriate way.

Parenting programmes take place in schools and community venues and are also available online via ZOOM.

Parenting programmes are available in Bengali and Somali in addition to English and the team endeavour to support all language needs where this is possible.

One-to-one parenting support may be offered to parents who have difficulty attending a programme online or face-to-face or require tailored packages of one-one support to improve parenting strategies. Parenting programmes are available without charge to Tower Hamlets families.

# Parenting Programmes in Tower Hamlets

Parenting programmes are available to all parents who have children from 2-18 years, 25 with Special Education Needs and Disabilities (SEND).

Some parenting programmes support parents of children in specific age groups, ranging from babies to teenagers.

To attend a parenting programme or discuss which kind of support would best suit the needs of you and your family, please contact:

## The Parenting Team

020 7364 6398

Email: [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)

For further information about Parent and Family Support Services visit: [www.towerhamlets.gov.uk/parentfamilysupport](http://www.towerhamlets.gov.uk/parentfamilysupport)

Referrals can be completed online.

There is a high demand for parenting programmes and there is sometimes a waiting list. On these occasions, a member of the team will do their best to find you the right support as soon as possible.

A parenting practitioner will call you within 10 days of the referral being received to discuss support that will be available to meet your needs.

Professionals from Education, Health and Social Care are welcome to refer parents to attend a parenting programme by making an online referral. It is essential that consent is obtained for the referral to be made.

The parenting programmes on offer are listed on pages 4-9.



# Strengthening Families, Strengthening Communities (SFSC)

For parents and carers of children aged: 2-18 years

## LENGTH OF PROGRAMME:

13 weeks, face-to-face or 5 weeks online

## LENGTH OF SESSION:

3 hours face-to-face or 2 hours online

## DESCRIPTION:

Strengthening Families, Strengthening Communities (SFSC) is an inclusive evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.

During the programme, parents will:

- Learn how experiences, values and culture plays a part in how we parent our child/children
- Learn how to support children through different transition stages in their life
- Explore strategies to help manage behaviour more effectively



Triple P provides a toolbox of different parenting strategies. The three P's in



Triple P (positive parenting programme) aim to raise self-confidence, enable parents to manage behaviour more effectively, establish routines and practice self-care as a parent.

## Triple P Family Transitions

For parents and carers of children of all ages who have experienced separation/divorce

### LENGTH OF PROGRAMME:

6 weeks

### LENGTH OF SESSION:

2.5 hours

### DESCRIPTION:

Triple P Family Transitions is designed for parents who are experiencing personal distress from separation or divorce which is impacting on or complicating their parenting. Family Transitions Triple P assists parents who need extra support to adjust and manage the transition from a two parent family to a single parent family. It focuses on skills to manage conflict with former partners and how to cope positively with stress.

During the programme, parents will:

- Learn how to speak to their children about separation and divorce
- Cope with emotions and identify unhelpful emotions linked with separation and divorce
- Learn assertive parenting styles to support you to resolve conflict with your children
- Learn how to develop a new family identity whilst balancing work, family and play

## Triple P Teen

For parents and carers of young people aged: 12-18 years

### LENGTH OF PROGRAMME:

9 weeks

### LENGTH OF SESSION:

2.5 hours

During the programme, parents will:

- Meet other parents and share experiences of bringing up teenagers
- Learn new skills for communicating effectively with teenagers
- Discuss how to deal with teen behaviour positively and set boundaries

## Triple P Group

For parents and carers of children aged: 2-11 years

### **LENGTH OF PROGRAMME:**

8 weeks

### **LENGTH OF SESSION:**

2.5 hours

### **DESCRIPTION:**

During the programme, parents will:

- Learn effective positive parenting strategies
- Gain skills to manage common child behaviour problems
- Learn how to understand and promote child development
- Meet other parents and share experiences of bringing up children

## Triple P Discussion

For parents and carers of children aged: 2-11 years and 12-18 years

### **LENGTH OF PROGRAMME:**

One-off sessions

### **LENGTH OF SESSION:**

2.5 hours

### **DESCRIPTION:**

Triple P discussion groups are one-off sessions designed to introduce the principles of positive parenting and give parents a chance to focus on a specific area of behaviour management. All sessions are interactive and use video examples of positive parenting techniques and include resources for parents.

Discussion groups 2-11 years:

- Hassle free mealtimes
- Developing bedtime routines
- Managing aggression and fighting
- Encouraging positive behaviour

Discussion groups 12-18 years:

- Coping with teenagers' emotions
- Reducing family conflict
- Building teenagers' survival skills
- Getting teenagers to cooperate



## Triple P Online

For parents and carers of children aged: 2-11 years and 12-18 years

### LENGTH OF PROGRAMME:

Flexible self-directed learning

### DESCRIPTION:

Triple P Online supports parents to promote positive behaviour, establish routines and practice self care.

Triple P Online can be accessed on smartphones and digital devices using an individual code issued on registration.

Parents can complete the programme at their own pace. Practitioner support and guidance is available on request.

## Parent's Emotional First Aid (EFA)

For all parents and carers

### LENGTH OF PROGRAMME:

6 weeks

### LENGTH OF SESSION:

2.5 hours

### DESCRIPTION:

Emotional First Aid provides parents with a safe environment to reflect on their own experiences, learn how their own emotional health impacts on family life and be more attuned to distress and anxiety in their children's lives.

During the programme, parents will:

- Identify early signs of anxiety and emotional distress in themselves and their children
- Recognise and understand their own emotional needs
- Develop a positive approach to emotional well being
- Develop and enhance self esteem
- Recognise the benefits for children when parents are emotionally well

## Parent Factor ADHD

For parents and carers of children with a diagnosis of attention deficit hyperactivity disorder (ADHD) aged 5-16 years (25 years for people with SEND)

### LENGTH OF PROGRAMME:

9 weeks

### LENGTH OF SESSION:

2.5 hours per week

### DESCRIPTION:

The programme supports parents and other significant adults in a child's life to rebuild relationships with their child and understand the diagnosis and treatment of ADHD.

During the programme, parents will:

- Increase knowledge of ADHD and its treatment
- Gain an insight into how it feels to be a child with ADHD
- Obtain advice on how to promote a more positive relationship with their child
- Explore strategies for effective behaviour management

## Keeping Children Safe Online (KCSO)

For all parents and carers

### LENGTH OF PROGRAMME:

One-off sessions

### LENGTH OF SESSION:

2 hours

### DESCRIPTION:

This workshop introduces parents to a child's online world and raises awareness of how children can become vulnerable to bullying, exploitation and extremist activity online.

During the session parents will:

- Find out how to talk to young people about being online
- Gain tips for safe use of social media and the internet and how to use parental controls
- Learn about sources of information and support for children and parents



## Speakeasy

For parents and carers of children aged: 3-18 years

### LENGTH OF PROGRAMME:

4 weeks

### LENGTH OF SESSION:

2 hours

### DESCRIPTION:

Speakeasy provides opportunities for parents and carers to gain the confidence and skills to talk to their children in an age-appropriate way about growing up, body changes, choices and consent and keeping safe.

During the session parents will:

- Develop knowledge of the physical and emotional changes taking place at puberty
- Learn about the influences on children and young people from social media, online technology and peers
- Identify and respond to the societal and cultural attitudes towards sex and sexuality as it relates to children and young people
- Become familiar with how Relationship and sex education (RSE) is taught within the curriculum

## Healthy Families Programme

For all parents and carers

### LENGTH OF PROGRAMME:

4 weeks

### LENGTH OF SESSION:

2 hours

### DESCRIPTION:

The Healthy Families programme offers a non-judgemental, practical approach which supports families to make small changes with a positive impact on family health. Sessions are fun, informal, practical, and accessible to all.

During the session parents will:

- Look at their lifestyle, identify strengths and areas of change with a whole family approach
- Learn about healthy eating/ portion sizes, hidden sugars, oral health and emotional wellbeing
- Learn how to establish and maintain healthy routines (eating and bedtimes, snacks, physical activity and sleep)
- Explore ways to encourage the family to become more active and find out more about cooking on a budget

## Get in touch

For all inquiries email: [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk)

Tel: **020 7364 6398**

To book a place or to make a referral download a referral form, scan the QR code or click or visit

[www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)

