

Parenting Programme Guide

Information for Islington mothers, fathers, carers and
agencies

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Throughout this guide the term “parents” has been used as a general term to include mothers, fathers, grandparents ,step parents, carers and other adults with responsibility for caring for a child or young person , including looked after children .

Introduction

All families say they need support and advice at some stage as their children grow up. In Islington a range of internationally recognised parenting programmes are available which have been shown to work well in Islington for a wide range of families reducing the likelihood of problems later on in life.

Programmes are empowering, build on parents strengths, recognising that parenting can be both rewarding and challenging particularly when parents face difficult life circumstances.

The purpose of the guide

- To provide information about the different parenting programmes
- To help parents and agencies supporting families to choose a programme that best suits their needs and ages of children.

What is a parenting programme?

A parenting programme is designed to support parents in parenting their children and aims to be supportive and non judgmental.

The majority of parenting programmes in this guide involve parents meeting weekly together in a group for 2- 3 hours over a number of weeks with trained group leaders. Some programmes are offered one to one and in the family home.

Programmes cover a number of topics depending on the ages and stages of child development, additional needs and the concerns parents have. The aims of each programme vary – however they all provide an opportunity to:

- Increase knowledge and understanding of children’s development and their needs
- build positive parent child relationships and improve behaviour and communication
- make parenting and family life more enjoyable
- increase confidence and parenting skills
- increase well being and reduce parents stress
- to try out new skills with practical support.

Parents receive a certificate on successful completion of groups. For many courses parents also receive a free book or parenting manual.

Who can attend and how much do they cost?

Programmes are available for parents to be, parents and carers of babies, children and teenagers .Families need to be living in Islington or have children attending Islington nurseries and schools.

The programmes are free of charge and usually a crèche or childcare is provided where possible and in some cases transport.

How to find out what's on and join a programme?

An up to date timetable of programmes is available on the Family Directory by following the link www.islington.gov.uk/familydirectory .You need to search under Parenting Programmes in Islington. You can also ring the Family information Service 020 7527 5959

Many courses are open access so parents can make contact themselves and some programmes are by referral only .

For further information and advice about parenting programmes in Islington

Please contact

Fiona Horigan
Parenting Support Commissioner
Children's Services

Tel: 020 7527 8345
Email: fiona.horigan@islington.gov.uk

Parent's views

Here is some feedback from parents attending different programmes.

"I am more confident, relaxed and happier especially with my son."
(Parent from *incredible years* programme)

"I am listening more and problem solving with my children"
(Parent, *strengthening families, strengthening communities* programme)

"It was non judgemental and I didn't feel as though my parenting skills were being criticised "
(Parent, *love and limits* programme)

"Very informative and most useful helped me enormously."
(Parent Group *Teen Triple P* programme)

'After being on the course I am calmer and more controlled when dealing with misbehaviour. This has resounded through the family: generally, life is calmer and more consistent'.
(Parent, *Incredible Years* programme)

"Very well run - very approachable facilitators/trainers. Made people feel comfortable and supported. Good content, thought provoking...lots to go on thinking about especially useful strategies and routines etc."
(Parent Group *Teen Triple P*)

"Our relationships with my children are much stronger and we have made a lot of positive changes"
(Parent, *strengthening families, strengthening communities* programme)

**For
Expectant Fathers**

Expectant Fathers' Courses

What is this programme?

This one-day course is for any men who are expecting a baby. It takes place on Saturdays to make attendance easier for men who are at work on weekdays.

Prospective fathers will learn what to expect with a new baby, how to prepare for the birth and their role in the months that follow. The course covers practical issues, such as bathing and changing, through to understanding the importance of bonding and being a father/ role model.

Where are the programmes delivered?

The groups take place at the Whittington Hospital, University College Hospital and several Children's Centres around Islington. Dates in 2012 are:

- Whittington Hospital: 28 January, 28 April, 28 July, 24 November
- University College Hospital: 25 February, 26 May, 29 September, 15 December
- Hungerford Children's Centre: 31 March
- New River Children's Centre: 30 June
- North Islington Children's Centre: 18 August
- Venue to be confirmed: 27 October

Session details

Length of programme: 1 day on a Saturday, 10am – 4pm

The course will cover:

- Practical skills in looking after your baby
- How to support your partner during pregnancy
- What can happen in the delivery room
- How important you are to your baby's development
- Impact on relationships

How it can be accessed?

To make a booking or for more information:
Ring Paul on 07906 587 335 or 0207 237 5353
Or text DAD free on 82727
Or email AFP@workingwithmen.org

You can find more information about this programme on www.workingwithmen.org

**For parents of
children aged:
0- 3yrs**

Parents as First Teachers

What is this programme?

The Parents as First Teachers is for parents of children from pre-birth to age 3. It involves home visits usually monthly from a family support worker with parents and children doing simple fun activities together based around the child's development. The aim of the programme is to provide parents with relevant information and knowledge so they can support their child's development and learning.

Where are the programmes delivered?

Through a number of Children's centres and family support outreach teams. Parents receive personal visits, (up to 6 visits) normally at home. There is an opportunity to attend group sessions on different topics in their local children's centre

Session details

Visits are usually monthly but can be fortnightly or weekly, according to need. Content areas covered include

- Knowledge of age-appropriate child development
- Information about common issues in childhood such as tantrums, sleep, toilet training, weaning and more.
- Information on local groups and services for families including child-care.
- Ideas to help parents help their child to learn develop and prepare for school or nursery.

How to:

- be a good observer of their child
- interact positively with their child
- set age-appropriate limits
- enhance their child's language and literacy development
- recognise and use everyday learning opportunities
- most effectively be their child's first teacher

Group sessions

These sessions are normally held in children's centre stay and plays and can be attended by any parents and carers

How it can be accessed?

PAFT is currently offered in a number of children's centres areas. Please contact the relevant Family Support Outreach Manager for more information.

Offered on a regular basis at the following centres

Archway (020 7527 4827)

Kate Greenaway (020 7527 4850)

Margaret McMillan Nursery School and Children's Centre (020 7561-3282)

Paradise Park Children's Centre (020 7697 7330)

To be confirmed in these centres

Moreland and King Square (020 7336 8453)

New North Community School and Children's Centre (020 7704 3903)

Hungerford (020 7619 9149)

Hornsey Rd (020 7527 2005)

**For parents of
babies aged:
1-5 months**

Incredible Years Babies

What is this programme?

This programme is for parents together with their babies. Babies **need to be under 6 months of age** at the start of the programme.

The programme aims to:

- To foster positive child development
- To foster positive relationships between parent and baby
- To enable parents to develop techniques for dealing with common problems e.g. crying, sleeping

Where are the programmes delivered?

The groups take place in each of the Islington Children's Centre cluster areas.

Session details

Introductory session followed by 8 weekly sessions of 2 hours. The group provides special time for parents to get to know, understand and enjoy their baby in a safe and supportive setting.

Parents will learn about how babies develop in their first year and practice the skills to feel confident as a parent.

Parents also receive a weekly call by the group facilitator in between group sessions to help put ideas into practice at home.

Information about content:

1) Getting to know your baby (0-3 months)

Reading cues, importance of communication, providing stimulation, developmental milestones

2) Babies as intelligent learners (3-6 months)

Mirroring and how babies learn, communication and babies' brains, developmental milestones

3) Providing physical, tactile and visual stimulation

How and why provide, modulating stimulation, providing safe opportunities to explore

4) Parents learning to read babies' minds

Reading cues, how to respond to cries, predictable routines, helping babies feel secure

5) Gaining support

6) Babies' emerging sense of self and how to enhance babies' communication

How to join ?

Look at the programme timetable for details. Parents can call the Children's centre where the group will take place and register their interest. Parents will be called by one of the facilitators and invited to the introductory session. Alternatively parents can just

attend the introductory session to find out more.

**For parents of
toddlers aged:
1-2 years**

Incredible Years Toddlers

What is this programme?

For all parents (especially parents worried about difficulties with bonding or parenting; and parents whose children are at risk of developing behaviour problems)

The programme aims to:

- Increase positive interaction between parent and child
- Decrease behaviour problems and increasing social skills
- Increase parents' confidence and parenting skills

Where are the programmes delivered?

The groups take place in Islington Children centres starting January 2012.

Session details

Introductory session followed by 11 weeks. Each session is 2 ½ hours. Parents also receive a weekly call by the group facilitator in between group sessions to help put ideas into practice at home.

Information about content:

- 1) Child directed play and child development
- 2) Promoting toddlers' language and promoting pre-school readiness skills
- 3) Social and emotional coaching
- 4) The art of encouragement and praise
- 5) Identifying positive behaviour and giving appropriate rewards
- 6) Handling separations and reunions and establishing predictable routines,
- 7) Positive discipline – effective limit setting and handling misbehaviour

How to join the programme?

Look at the programme timetable for details. Parents can call the Children's centre where the group will take place and register their interest. Parents will be called by one of the facilitators and invited to the introductory session. Alternatively parents can just attend the introductory session to find out more.

**For parents of
toddlers aged:
2-6 years**

Incredible years Pre school programme

What is this programme?

This programme works well for all parents and for parents who have concerns about their child's behaviour

The programme aims to:

- Increasing positive interaction between parent and their child and enabling more effective responses to specific behaviours
- Decreasing behaviour problems and increasing positive behaviour and social /skills
- Enhancing parents' confidence about parenting skills

Where are the programmes delivered?

The groups take place in Islington Children centres

Session details

Length of programme: 11 weeks (after the initial introductory session). Each session is 2 ½ hours. Parents also receive a weekly call by the group facilitator in between group sessions to help put ideas into practice at home.

Information about content:

- 1) Strengthening children's social skills, dealing with emotions and school readiness through sessions on child directed play, home learning and social and emotional coaching
- 2) Using Praise and incentives to encourage co-operative behaviour through sessions on the art of effective praise & encouragement and motivating children through incentives
- 3) Effective limit setting through sessions on rules, responsibilities, routines and effective limit setting
- 4) Handling misbehaviour through sessions on limit setting and follow through; avoiding and ignoring misbehaviour; time out to calm down; other consequences; teaching children to problem solve
- 5) Enhancing effective communication between adults and children through sessions on giving and getting support

How it can be accessed?

Starting September and January 2012. Look at the programme timetable for details .Parents can call the Children's centre where the group will take place and register their interest. Parents will be called by one of the facilitators and invited to the introductory session. Alternatively parents can attend the introductory session to find out more.

**For parents of
children aged:
3-18yrs**

Strengthening Families, Strengthening Communities (SFSC)

What is this programme?

This is a culturally sensitive programme for parents who would like to increase their parenting skills and build better relationships with their children at home and in the community.

About the programme

SFSC runs for 3 hours a week for 13 weeks. Week one is an introductory session where you can find out more about the course. Participants can join up to week 3.

Who is this programme for?

For all parents and carers of children from toddlers to teenager's .In Islington the course is available in English, Somali, Bengali and Turkish. The programme is also available for parents with learning difficulties. Parent manuals are available in other languages.

Where are the programmes delivered?

SFSC is delivered in children's centres, schools and community settings

Content of the programme includes:

- Understanding children's development
- Building positive family relationships
- Valuing family and cultural traditions
- 10 steps to positive discipline
- Anger management and handling stress
- Community involvement

Session details

12 three hour sessions (plus an information session) which take place weekly? Parents also receive a mid week call to support putting new skills into practice. All courses end with a celebration and certificate ceremony.

How can parents join?

Parents and agencies can make direct contact with facilitator's .See the programme timetable listed on the Family Directory.

For information about courses in Turkish contact Minik Kardes 020 7923 7226

For courses accessible in community languages including Bengali and Somali contact Rahma Samater at the Ethnic Minority Achievement Service on 020 7527 5899.

**For parents of
children
5 - 11yrs**

Triple P

What is this programme?

Triple P stands for Positive Parenting Programme. The programme aims to help parents improve their relationships with their children, set boundaries, and respond to misbehaviour immediately, positively, consistently and decisively using proven strategies.

Who is this programme for?

This programme is for parents of children from 5 – 11 years. Who have concerns about their children's behaviour and want to learn new strategies

Groups are usually 10 – 12 parents. The programme can also be delivered on an individual basis.

Session details

The programme consists of eight sessions:
4 two-hour group sessions, followed by three 15-20 minute telephone sessions with each parent after the completion of the 4 group sessions, and a final group session (session 8).

The follow-up telephone sessions provide additional support to the parents as they put into practice what they have learned in the group sessions. The final group session allows parents to review progress and to share achievements.

Where are the programmes delivered?

The programme will be available in different community venues

How can parents join?

The programmes are likely to start January 2012 onwards and be accessible through local Family Outreach Support teams. Information to be confirmed.

**For parents of
children
12- 16yrs**

GROUP Teen Triple P

What is this programme?

Triple P stands for positive parenting programme. The programme aims to promote positive, caring relationships between parents and their teenager, to help parents develop effective management strategies for responding to concerns about behaviour and development.

Who is this programme for?

This programme is for parents of adolescents who have or are at risk of developing behavioural problems. Groups are usually 10 – 12 parents. The programme can also be delivered on an individual basis.

Content of the programme:

Parents participating in Group Teen Triple P are provided with specific information to promote their teenagers development, reduce problem behaviour, and help their teenager to minimise or avoid risky situations with peers and in the community which may have a negative effect on the teenager's health or emotional well being.

Session Details:

The programme consists of eight sessions:

4 two-hour group sessions, followed by three 15-20 minute telephone sessions with each parent after the completion of the 4 group sessions, and a final group session (session 8).

The follow-up telephone sessions provide additional support to the parents as they put into practice what they have learned in the group sessions. The final group session allows parents to review progress and to share achievements. Both parents are encouraged to participate and if the teenagers are in school, parents are encouraged to discuss their participation on the programme with relevant teachers

| | |
|--------------------|-----------------------------------|
| Session 1 | Positive Parenting |
| Session 2 | Encouraging Appropriate Behaviour |
| Session 3 | Managing Problem Behaviour |
| Session 4 | Dealing with Risky Behaviour |
| Session 5-7 | Implementing Family Routines |
| Session 8 | Programme Review and Close |

Where are the programmes delivered?

In different community venues

How can parents join?

Please contact Coram Islington Parenting Service on 020 7561 8461.

**For parents of
teenagers aged:
12-16yrs**

Parenting with Love and Limits

What is this programme?

This programme is for parents and carers who are having difficulty managing the behaviour of their teenager. The programme was developed by Dr Scott Sells founder of the Family Institute in America. It gives practical guidance to parents who are trying to change and improve difficult teenage behaviour.

Where are the programmes delivered?

The groups take place at the Brandon Centre in Kentish Town on Thursday evenings or Friday mornings.

Session details

A group of parents meets weekly for six two-hour sessions with two practitioners trained to deliver the programme. Following the group sessions, additional support will be available for parents to help them to put into practice the lessons they learn from the group programme. Each session covers a different topic:

Session 1: Why your teenager misbehaves and the problems you have been having with your teenager.

Session 2: Understanding button-pushing and learning how to remain calm and in control when being provoked by your teenager.

Session 3: Why agreements with your teenager about her or his behaviour may not work and how to find extra support to back you up without taking your authority away as a parent.

Session 4: A step-by-step guide for using contracts to set clear boundaries on your teenager's behaviour and developing a back-up plan for when things might go wrong.

Session 5: A menu of consequences for stopping extreme behaviour such as threats and acts of violence, truancy, and alcohol or drug abuse.

Session 6: Restoring love between you and your teenager while remaining strong and sticking to your rules.

How can parents join?

Parents can self refer and agencies can make referrals to the Brandon Centre.

on 020 7267 4792

**For first time parents
who are under 18
years and are less
than 28 weeks into
pregnancy**

Family Nurse Partnership

What is this programme?

The Family Nurse Partnership is programmes for young women (and their partners) who are having their first baby. This programme is open to all first time parents under the age of 18 who are less than 28 weeks into their pregnancy and living in Islington.

The Family Nurses in Islington have been specifically selected due to their healthcare backgrounds as either Midwives, Health Visitors or in paediatric nursing. Their role is to provide a family with regular home visits from early from your pregnancy until the baby is two.

The Family Nurse's aim is to recognise parent strengths and build on these, enabling parents to be the best parents they can be. The Family Nurse will work with you to help you achieve your goals and to improve the health and wellbeing of you and your new family.

Where are the programmes delivered?

The allocated Family Nurse will spend about 1-1.5 hours per visit – to work through the family's individual needs. If they are unable to help with a specific need the Family Nurse will be able to signpost to the relevant professionals.

Session details

Length of programme: Throughout Pregnancy and until the baby is 2 years old.

How it can be accessed?

Contact: Family Nurse Partnership, NHS Islington, Hornsey Rise Health Centre, Hornsey Rise, London N19 3YU. Tel: 020 3316 8673 /8674.

**For parents of
children aged:
1-5yrs**

Mellow Parenting

What is this programme?

Mellow Parenting is a 14 week one day a week (10 – 3pm) group for mothers who would like additional support in their parenting and are being supported by children's social care

The programme has been shown to be effective in supporting parents to make changes in their relationships with their children when children are on the child protection register and for children in need .

One year follow-up has shown lasting gains in mothers well being, parent-child interaction, child behaviour and child development and parents report feeling more confident and effective in their parenting .

The programme combines personal support for parents with a video and direct work with parents and children around individual parenting issues.

Where are the programmes delivered?

The programme is delivered at a Children's Centre.

Content of the programme:

Prior to the group starting, the facilitators visit the family at home. This includes making a video of the parent and child together usually a family meal time or a time of the parent's choice .At the end of the course another video is made and parents can see how things have changed.

The course involves:

- Emphasis on empowering parents and building on strengths
- Personal group for parents while children are supported in the children's group – this gives time for parents to look at their own personal issues in a supportive and safe way including how they were parented as a child.
- Shared lunch time for children ,parents and staff
- Time for children to learn and play together in the children's centre crèche run by qualified and experienced staff
- Activity sessions – including games and songs for parents and children to enjoy together
- Activities and outings to practice new skills
- Parenting workshop looking at parenting skills and sharing new ideas
- "Homework" tasks to try out at home.

Transport, lunch and crèche are provided.

How it can be accessed:

A programme will start on Friday 4th November at Bemerton Children's Centre

Referral only for mothers currently being supported through children's social care.
Please contact the team leader of the Specialist Family Support Team.
filiz.osman@islington.gov.uk

**For Islington foster
carers only**
3-12 yrs
10 -16 yrs

Fostering Changes

What is this programme?

The Fostering Changes Programme is behaviourally based and derives from research into parenting skills; attachment, educational attainment and the academic progression of looked after children who are in Foster Care

This programme is for **Islington FOSTER CARERS only**

Where are the programmes delivered?

292 Essex Rd N.13AZ

Session details

Length of programme: 12 weeks 10- 1pm.

Information about content: Practical assistance for foster carers in how to manage their placements and work better with the children in their care.

Includes: Promoting positive attachment, praise, attending, and rewards, helping children regulate emotions, supporting learning, communication skills and consequences

How it can be accessed?

The course can only be accessed by Islington foster carers who have been nominated by their supervising social workers. It is not available to any other group

**For parents of
children aged:
0-5yrs**

Safe Landings

What is this programme?

This is an information and support group for families with young children who have experienced domestic violence. Part of the group is with mothers and children together, helping them to tune in to each other, relax and have fun, and part of the group is for women to come together and begin to heal and move on from their experiences.

This programme is for: women and children under 5 who live in Islington, have experienced domestic violence, and no longer live with the perpetrator.

Where are the programmes delivered?

The groups usually take place at Moreland Community House

Session details

The programme runs for 11 weeks, which includes a shorter “getting to know you” session.

Length of programme: 10:00-1:00

10:00-10:30—mothers and children are playing together

10:30-12:00—women’s group, children in a crèche

12:00-12:15—mothers and children come back together

12:15-1:00—lunch is provided and everyone has lunch together.

Information about content:

The mother-child group focuses on fun, simple, relaxing activities mothers and children can do together, such as massaging each other’s hands, face painting, planting flowers together, etc. All supplies for activities are provided.

The women’s group focuses on understanding domestic violence, understanding how gender, culture, and family can play a role in one’s experience of domestic violence, thinking about the strengths each woman possesses that helped her to get through the violence, thinking about the direction women want to take their lives now and how they can get there, the impact of do on children, and how women can take good care of themselves, each other, and their children.

The crèche focuses on helping children separate from their mothers, helping children to solve conflict without aggression, and sensory and creative activities that help children learn to soothe themselves and express themselves.

How it can be accessed?

Please see programme timetable for dates and information about applying for places.

**For parents of
children aged:
Up to 5 years**

NAS Early Bird programme

What is this programme?

This programme is for parents of children under 5 years who are newly diagnosed with autism spectrum disorder, living in Islington.

Where are the programmes delivered?

The groups take place at the Bridge School, Hungerford Rd, N7

Session details

Length of programme: 3 months (weekly)

Information about content: the programme helps parents to

- Understand their child's autism spectrum disorder
- Develop their child's communication
- Find practical ways to manage their child's behaviour

How it can be accessed?

Telephone Vicky Matthews or Sheila Mullen at the Child Development Team at the Northern Health Centre 0203 316 1867/1868

**For parents of
children aged:
5 - 13 years**

Parenting a child with ADHD

What is this programme?

This programme has been specially designed for parents of children aged 5 - 13 years who have a confirmed diagnosis of ADHD/ADD by a professional. The programme meets the National Institute of Clinical Excellence (NICE) parenting programme guidelines.

This group teaches parents and carers skills and strategies to improve and manage difficult behaviour in children in this age group. It also incorporates the **123 Magic™** approaches, which complements and enhances the programme

Where is the programmes delivered?

At the Brandon Centre in Kentish Town

Session details

The programme runs for 2 hours a week for 7 weeks and a follow up session is also provided .parents can be seen individually before the programme. Sessions cover the following areas:

- Providing parents with information on Attention Deficit Hyperactivity Disorder.
- Setting household rules.
- Developing and implementing schedules and routines.
- Preparing for school.
- Realistic expectations.
- Giving clear and calm instructions.
- Rewards and praise.
- Staying positive and looking after yourself.
- The 123 Magic™ approach to effective discipline

How it can be accessed?

By referral to the Brandon Centre. The next programme will start on the 5th January 2012

Parents can self refer and agencies can make referrals either by telephoning 020 7424 9935 or 020 7267 4792

By email: [family**services**@brandoncentre.org.uk](mailto:familyservices@brandoncentre.org.uk)

For all parents with children with Special Educational Needs

A Parents'/Carers' Guide to Special Educational Needs

What is this programme?

This programme is for parents, carers and other family members of children with Special Educational Needs who want to find out more about Special Educational Needs, what happens in school, and how they can support their child.

It is delivered by the WEA, a voluntary organisation that runs adult education courses all over the country.

Where are the programmes delivered?

The course is delivered every term, in different venues across Islington.

Session details

Length of programme: 10 sessions, 2 hours a week

Information about content:

The course includes the following:

- Identifying Special Educational Needs
- The Code of Practice and School-based stages
- Statutory Assessments and Statements
- Individual Education Plans and Annual Reviews
- Professional Involvement

How it can be accessed?

This course takes place termly and is open to all Islington parents whose children have any kind of special educational need.

The next course will be in autumn 2011, at:

New River Green Children's Centre, 23 Ramsey Walk, London N1 2SX.

There will be an Information Meeting for anyone interested in finding out more, and to meet the tutor, at the New River Green Children's Centre on Thursday 22nd September 2011, 10am.

If you are interested in the course please call the WEA (Workers Education Association) on 020 7426 1988

**For parents and
children aged:
10-14yrs**

Strengthening Families 10 – 14

What is this programme?

The Strengthening Families Programme aims to help families with young people aged 10 to 14 years to prepare for the teenage years. The programme aims to build positive family communication and avoid problems with drugs and alcohol.

The programme has seven two hour sessions for parents and young people. Parents and young people meet separately for the first hour, and then spend the second hour together in family activities and games.

Who is the programme for?

The programme is for all families with children aged 10-14 years. Parents and young people need to attend together. A crèche is provided for young children in the family

Content of the programme

Parents and carers will discuss:

- What young people this age are like
- Making rules and consequences
- How to solve problems with young people
- Ways to show love and support

Young people will learn to:

- Handle frustration
- Resist peer pressure
- Appreciate parents and caregivers
- Get along with others

Families will

- Have fun in activities and games
- Discuss what makes their family strong
- Solve problems together

A family meal and snacks are provided as well as voucher prizes. Support is also available with transport and childcare if needed.

The programme also offers 4 optional booster sessions

How can families join? :

This programme will only be offered through CASA Family Service supporting families with substance misuse. Details to be provided