



# Parenting Programmes and Well-being Groups

Information for professionals and practitioners

# Contents

Introduction	2
Baby Group (0 - 12 months)	3
Toddler Group (1 - 2 years)	4
The Solihull Approach -Antenatal Parenting (pre-birth)	5
The Solihull Approach -Understanding your Child's Behaviour (0 - 18 years)	6
Henry Nurturing Programme (0 - 5 years)	7
The Incredible Years (Webster Stratton: 2 - 9 years)	8
Strengthening Families (10 - 14 years)	9
Teen Triple P (12 - 16 years)	10
Triple P (2 - 12 years)	11
Triple P Discussion Group (12 - 18 years)	12
CDYJS Parent Support Group - Levels 3, 4 and 5 (10 - 18 years)	13
Chill Kidz (7 - 11 years)	15
Teen Zone (12 - 15 years)	15
Teen Zone Virtual Support Packs (12 - 15 years)	16
Safer Choices (13+ years)	17
Parenting 101 - Group/Virtual or 1-1	18
Workshops for Parents of Children with Autism/Pre Diagnosis (Virtual and Face to Face)	19
Staying Cool Family Learn - (Online or Classroom: 12 - 17 years)	20
Staying Cool Adult Only - (Online or Classroom: 19+ years)	21
Staying Cool - Teenager Only (Classroom: 12 - 17 years)	22

# Introduction

The Parenting Programme menu is to provide practitioners and partners some detailed information on individual parenting programmes which are available across County Durham.

The menu has been developed by the Parenting Network County Durham. The Network is a group of professionals who meet once a quarter to share relevant and timely programmes which are available across County Durham.

The menu will be reviewed regularly by the Network and adapted to any service change.

Recently, more virtual learning and groups have been developed and will continue to be offered.

For further information contact:

## **One Point Family Centres**

Telephone: 03000 261 111

Webpage: <https://www.durham.gov.uk/familycentres>

## **Voluntary Community Sector (VCS) Alliance**

To find out about parenting programmes available in the community please email: [vcsalliance@durham.gov.uk](mailto:vcsalliance@durham.gov.uk)

# Baby Group (0 - 12 months)

<b>Name of Programme</b>	Baby Group.
<b>Who is it for?</b>	For families with babies 0 - 12 months.
<b>Summary</b>	For parents/carers and children. Session include messy play, twinkle time, song and rhyme.
<b>Programme Delivery</b>	Weekly one-hour sessions. Delivered by One Point teams.

# Toddler Group (1 - 2 years)

<b>Name of Programme</b>	Toddler Group.
<b>Who is it for?</b>	For families with children 1 - 2 years.
<b>Summary</b>	For parents/carers and children. Session include messy play, twinkle time, song and rhyme.
<b>Programme Delivery</b>	Weekly 90 minute sessions. Delivered by One Point teams.

# The Solihull Approach

## Antenatal Parenting

<b>Name of Programme</b>	The Solihull Approach Antenatal Parenting.
<b>Who is it for?</b>	Universal Programme to access Pre-birth.
<b>Summary</b>	Understanding pregnancy, labour, birth and your baby.
<b>Programme Delivery</b>	Five or six weekly two hour sessions delivered by midwives in health services.

# The Solihull Approach

## Understanding your Child's Behaviour

<b>Name of Programme</b>	The Solihull Approach Understanding your Child's Behaviour.
<b>Who is it for?</b>	Access to programme by referral for families with children and young people 0 - 19 yrs.
<b>Summary</b>	<ul style="list-style-type: none"> <li>• Understanding your baby</li> <li>• Understanding your child' 0-19 years (main course)</li> <li>• Understanding your teenager's brain (short course)</li> <li>• Understanding your child's feelings (taster course)</li> <li>• Understanding your brain (short course for teenagers themselves)</li> <li>• Understanding your child with additional needs' 0-19 years, (also available online).</li> </ul>
<b>Programme Delivery</b>	Please contact your local Family Centre for further information on how to access the programme.

# Henry Nurturing Programme

<b>Name of Programme</b>	Henry Nurturing Programme.
<b>Who is it for?</b>	Universal programme for families with children 0 - 5 years to promote a healthier, happier lifestyle.
<b>Summary</b>	'A healthy start' in its broadest possible sense, adopting a holistic approach that focuses on the things that have a real impact in later life. This includes supporting breastfeeding, improving nutrition, emotional wellbeing, parenting skills, healthy nutrition, oral health and a more active lifestyle. Focusing on elements to reduce the risk of tooth decay, obesity and associated diseases (such as diabetes, cancer and heart disease), as well as improve school readiness and future life chances.
<b>Programme Delivery</b>	HENRY is a unique and highly successful intervention to protect children from the long-term emotional and physical consequences of obesity by supporting behavior change for a healthy lifestyle. It is based on a multi-layered scheme that combines both prevention and targeted early intervention and brings together the five key elements that enable babies and young children to flourish.



# The Incredible Years (Webster Stratton)

<b>Name of Programme</b>	The Incredible Years (Webster Stratton).
<b>Who is it for?</b>	Targeted programme by referral for families with children 2 - 9 years.
<b>Summary</b>	During the sessions, parents practise child-directed play skills that build positive relationships and attachment; strengthen more nurturing parenting using social, emotion and persistence coaching methods; encourage school readiness skills and early problem-solving skills; establish predictable routines and rules; provide incentives for positive behaviour; and reduce behaviour problems.
<b>Programme Delivery</b>	10 weekly group sessions lead by two facilitators. The sessions are two-hour group discussions of mediated video, vignettes, problem-solving exercises and structured practice activities addressing parents' personal goals.  Delivered by One Point teams

# Strengthening Families

<b>Name of Programme</b>	Strengthening Families.
<b>Who is it for?</b>	Targeted programme for families with young people 10 - 14 years.
<b>Summary</b>	Parents and young people learn strategies for identifying and reducing the risks within their family system, while at the same time increasing the protective factors. These strategies include more effective parenting practices (including limit setting) and communication.
<b>Programme Delivery</b>	<p>Seven weekly sessions lasting two hours each.</p> <p>During the first hour, the parents and children attend separate sessions on a related family skill (e.g. family communication or peer-refusal skills for substance misuse). These sessions make use of an instructional video that provides the basis for a group discussion and practice activities.</p> <p>During the second hour, the parents and children are reunited to review and practise skills and competencies together.</p> <p>Delivered by One Point teams .</p>

# Teen Triple P

<b>Name of Programme</b>	Teen Triple P.
<b>Who is for?</b>	Targeted programme for families with children and young people 12 - 16 years.
<b>Summary</b>	In the group sessions, parents actively participate in a range of exercises to learn about the causes of common adolescent behaviours, how to set specific goals, promote positive adolescent behaviour, manage difficult behaviour, and plan-ahead for high-risk situations.
<b>Programme Delivery</b>	<p>Five weekly group sessions lasting two hours each. Three (15-30 minutes) individual telephone consultations.</p> <p>10 weekly sessions lasting 2 to 3 hours with additional tutorials. 5 sessions of knowledge and skills teaching and 4 sessions of practical learning and reflection with fellow learners (replacing telephone work).</p> <p>Positive parenting skills are demonstrated by videos and by practitioner modelling, with the skills then being practised in small groups.</p> <p>Delivered by One Point teams .</p>

# Triple P

<b>Name of Programme</b>	Triple P.
<b>Who is it for?</b>	Targeted programme for families with children and young people 2 – 12 years.
<b>Summary</b>	Parents learn 17 different strategies for improving their children’s competencies and discouraging unwanted child behaviour. It helps parents learn methods for dealing with unwanted child behaviour and supporting their child’s emotional needs.
<b>Programme Delivery</b>	Five weekly group sessions lasting two hours each. Three (15-30 minutes) individual telephone consultations. Learning is supported through role play exercises, homework exercises and group discussions involving video-taped examples of effective parenting strategies. Delivered by One Point teams.

# Triple P Discussion Group

<b>Name of Programme</b>	Triple P Discussion Group.
<b>Who is it for?</b>	Targeted programme for families with young people 12 - 18 years.
<b>Summary</b>	Targeted series of sessions for parents of adolescent children. Each session focuses on either Coping with teenagers' emotions; Reducing family conflict; Getting teenagers to cooperate; or Building teenagers' survival skills.
<b>Programme Delivery</b>	Small Group delivery of up to four sessions (about 2 hours per session) each with a targeted behaviour.  Delivered by One Point teams.

# CDYJS Parent Support Group

## Levels 3, 4 and 5

<b>Name of Programme</b>	CDYJS Parent Support Group (in person), Levels 3, 4 and 5.
<b>Who is it for?</b>	Targeted programme for families with young people 10 - 18 years, who
<b>Summary</b>	<p>For parents/carers of young people who are with CDYJS <b>or</b> at significant risk of offending (e.g. involved in ASB / committing unreported offences within the home or community) <b>And</b> who are adversely affected by their young person's challenging behaviour.</p> <ul style="list-style-type: none"> <li>• To improve and develop parenting skills, abilities and strategies</li> <li>• To build confidence and self-esteem</li> <li>• To reduce feelings of isolation</li> <li>• To increase participation in Restorative Approaches</li> <li>• To reduce young people's involvement in further offending or anti-social behaviour</li> <li>• To contribute towards achieving positive outcomes for families</li> <li>• Reduce conflict and assertively deal with and understand challenging teenage/adolescent behaviour.</li> </ul> <p><b>One 3-hour session once a week for 10 weeks.</b></p> <p><b>Sessions as follows:</b></p> <ul style="list-style-type: none"> <li>• Introduction – why are we all here? The role of a parent.</li> <li>• Anti-social behaviour and offending – what can parents do</li> <li>• Adolescence and teenage behaviour</li> <li>• Encouraging young people</li> <li>• The power of listening</li> <li>• 'I statements' and boundaries</li> <li>• Negotiating boundaries and consequences</li> <li>• Anger – dealing assertively with anger and criticism</li> <li>• Drugs, alcohol and young people – what's out there and what we can do</li> <li>• End session – saying goodbye and moving on</li> <li>• Each session is followed by lunch.</li> <li>• Parents are given takeaway tasks (homework).</li> <li>• Delivered by CDJOS</li> </ul>

# Chill Kidz

<b>Name of Programme</b>	Chill Kidz.
<b>Who is it for?</b>	Targeted group for families with children and young people 7 - 11 years.
<b>Summary</b>	To help children recognise their feelings, why they get angry and provide calming strategies through relaxation and exercise.
<b>Programme Delivery</b>	<p>The Chill kids programme has been devised to help children recognise their feelings and to support them to become calmer through exercise and relaxation.</p> <p>The program helps to build resilience, enable problem solving and gives young people strategies to manage their emotions and to help self-regulate.</p> <p>Sessions are one hour long.</p> <p>Delivered by One Point teams.</p>

# Teen Zone

<b>Name of Programme</b>	Teen Zone.
<b>Who is it for?</b>	Targeted programme for families with children and young people 11 - 16 years.
<b>Summary</b>	<p>Promotes positive self-esteem, building resilience, physical health and managing emotions.</p> <ul style="list-style-type: none"> <li>• Coping with peer pressure and stress</li> <li>• Looking after ourselves and who we can turn to in our times of need</li> <li>• Ways to relax and how to bounce back when things go wrong</li> <li>• Looking at our strengths and why we are amazing!</li> <li>• Managing anger and ways to keep calm</li> <li>• True friendships and managing arguments.</li> </ul>
<b>Programme Delivery</b>	<p>The Teen Zone programmes have been devised for young people who attend secondary school. This group looks at self-esteem, building resilience, healthy eating and managing emotions.</p> <p>Teen Zone will support young people to understand changes in adolescence and how this may impact on their behaviours and emotions. It will allow them to interact and build social skills with their peers.</p> <p>Sessions are one hour long for up to 10 weeks Delivered by One Point teams.</p>



# Teen Zone Virtual Support Packs

<b>Name of Programme</b>	Teen Zone Virtual Support Packs.
<b>Who is it for?</b>	Targeted support for families with young people 12 - 15 years.
<b>Summary</b>	Promotes positive self esteem, building resilience, physical health and managing emotions.
<b>Programme Delivery</b>	4 weeks: <ul style="list-style-type: none"><li>• Self Care</li><li>• Building Confidence</li><li>• Physical wellbeing</li><li>• Feelings.</li></ul>

# Safer Choices

<b>Name of Programme</b>	Safer Choices.
<b>Who is it for?</b>	Targeted programme for families with young people 13+ years.
<b>Summary</b>	<p>Safer Choices was devised to support teenagers aged 13 + to understand and consider the risk and consequences of behaviours.</p> <p>The aim of the group is to enable young people to come together to discuss , friendship, risk taking and peer pressure and to understand and consider how the choices they make could have negative consequences. The group will look at how young people make safe choices in life and feel confident to do this.</p>
<b>Programme Delivery</b>	<p>4 - 6 weeks</p> <p>Sessions are one hour long.</p> <p>Delivered by One Point teams.</p>

# Parenting 101 - Group/Virtual or 1-1

(Wheatley Hill and Aycliffe Only)

<b>Name of Programme</b>	Parenting 101 - Group/Virtual or 1-1
<b>Who is it for?</b>	Targeted programme for families with children 3 - 10 years.
<b>Summary</b>	These are informal and practical sessions and there will be resources to take away and use in the home
<b>Programme Delivery</b>	<p>This is a series of 5 workshops for parents/carers.</p> <p>Week 1: Routines</p> <p>Week 2: Boundaries</p> <p>Week 3: Importance of Praise and impact on child</p> <p>Week 4: Handling Emotions and Melt Downs</p> <p>Week 5: Play, Interaction and Social Skills</p> <p>Sessions are one hour long.</p>

# Workshops for Parents of Children with Autism/Pre Diagnosis (Virtual and Face to Face)

<b>Name of Programme</b>	Workshops for Parents of Children with Autism/Pre Diagnosis (Pilot in the East) Virtual and Face to Face.
<b>Who is it for?</b>	Targeted programme for families with children and young people with autism or pre diagnosis.
<b>Summary</b>	The 8-weekly workshops can be offered to families with children/young people with or without a diagnosis of Autism
<b>Programme Delivery</b>	A series of 8 weekly workshops <ul style="list-style-type: none"> <li>• Understand Autism</li> <li>• Communication</li> <li>• Sensory processing</li> <li>• Understand your child’s behaviour and ways to manage behaviour</li> <li>• Education</li> <li>• Support for you and your family</li> <li>• Keeping children and young people safe</li> <li>• Parental wellbeing and ways to be resilient.</li> </ul>

# Staying Cool Family Learn (Online or Classroom)

<b>Name of Programme</b>	Staying Cool Family Learn.
<b>Who is it for?</b>	Targeted programme for families with young people 12 - 17 years. Parent and child learn together.
<b>Summary</b>	<p>Parent and teenager to learn together to address aggressive and emotional behaviour. The course is delivered for one full day (or less commonly via 4 x 2 hour sessions) and addresses:</p> <ul style="list-style-type: none"> <li>• Change Cycle and Anger scaling to prepare for the learning goals,</li> <li>• Knowledge of underlying factors of anger (experience, mood, mental health and emotions) or baggage,</li> <li>• Cognitive Behaviour theory and how the brain works / processes information creating perceptions,</li> <li>• Skills to identify escalation of anger and skills to prevent escalation to aggression,</li> <li>• Skills and ability to develop plans for volatile situations and to reflect and learn from events.</li> </ul> <p>The course equips the learners with knowledge, awareness, skills, confidence and desire to start a journey to becoming new 'calmer, happier, more stable' individual.</p>
<b>Programme Delivery</b>	<p>Sessions include 4 parts of delivery.</p> <p>Delivered by One Point teams.</p>

# Staying Cool Adult Only (Online or Classroom)

<b>Name of Programme</b>	Staying Cool Adult Only.
<b>Who is it for?</b>	Targeted programme for adults 19+
<b>Summary</b>	<p>Any adult aged 19 years or over to learn to address their aggressive and emotional behaviour. The course is delivered for one full day (or less commonly via 4 x 2 hour sessions) and addresses:</p> <ul style="list-style-type: none"> <li>• Change Cycle and Anger scaling to prepare for the learning goals,</li> <li>• Knowledge of underlying factors of anger (experience, mood, mental health and emotions) or baggage,</li> <li>• Cognitive Behaviour theory and how the brain works / processes information creating perceptions,</li> <li>• Skills to identify escalation of anger and skills to prevent escalation to aggression,</li> <li>• Skills and ability to develop plans for volatile situations and to reflect and learn from events.</li> </ul> <p>The course equips the learners with knowledge, awareness, skills, confidence and desire to start a journey to becoming new 'calmer, happier, more stable' individual.</p> <p>Delivered by One Point teams.</p>

# Staying Cool - Teenager Only (Classroom)

<b>Name of Programme</b>	Staying Cool - Teenager Only.
<b>Who is it for?</b>	12 - 17 years.
<b>Summary</b>	<p>Teenager to learn to acknowledge ownership and address their aggressive and emotional behaviour. The course is delivered for one full day (or less commonly via 4 x 2 hour sessions) and addresses:</p> <p>The session includes:</p> <ul style="list-style-type: none"> <li>• Change Cycle and Anger scaling to prepare for the learning goals,</li> <li>• Knowledge of underlying factors of anger (experience, mood, mental health and emotions) or baggage,</li> <li>• Cognitive Behaviour theory and how the brain works / processes information creating perceptions,</li> <li>• Skills to identify escalation of anger and skills to prevent escalation to aggression.</li> </ul> <p>Skills and ability to develop plans for volatile situations and to reflect and learn from events.</p> <p>The course equips the learners with knowledge, awareness, skills, confidence and desire to start a journey to becoming new 'calmer, happier, more stable' individual.</p> <p>Delivered by One Point teams.</p>