

Quotes from parents that have attended previous courses:

" My confidence levels when dealing with my child's behaviour has changed since completing the course". Solihull 2014

" I learnt that even the smallest change's in environment or routine can undermine everything your child feels comfortable with." Solihull

If you are interested in any of the parenting courses offered in this leaflet then please complete a Parent Course Request Form.

To obtain a Request Form please call the telephone numbers below or email NK-Parenting@lincolnshire.gcsx.gov.uk

Telephone:

Maureen Davies: 07919304482

Lisa Cornall: 07824417603

Washingborough Children's Centre

01522 801355

Waddington Children's Centre

01522 721750

Child care facilities may be available for some courses.

PARENTING COURSES IN NORTH KESTIVEN



SUPPORTING PARENTS OF TEENAGERS (SPOT)

Suitable for parents of 10+ year olds.

8 week course.

To improve relationships and communication between parents and teenagers.

Helps parents become confident in their role as a parent.

Strengthening Families

Strengthening Communities

13 week course Suitable for families with children age 3 to 18years.

A holistic approach looking at individuals development and the impact on communities.

Supplies strategies for managing behaviour.

TRIPLE P

Triple P offers intensive training in positive parenting skills.

It typically targets parents of children with behaviour problems such as:

Aggression or oppositional behaviour.

It gives parents practical strategies to help them confidently manage their children's behaviour.

Standard Triple P and Teen Triple P are 2 hour sessions over 8 weeks.

Stepping Stones Triple P

are two and a half hours sessions over 9 weeks and are for parents who have a child with a disability.



YOUNG EXPECTANT PARENTS (YEP)

6 week course

Designed to support young people and their feelings during and after pregnancy

Helps to identify support needed.

SOLIHULL

Suitable for parents with children between the ages of 0—12

10 week course.

The Solihull approach is based on three key principles:

Containment:

Help parents to understand emotional communications of the child in a way that does not overwhelm the parents or make them feel anxious.

Reciprocity:

Helps the parent and child develop positive reciprocal interaction.

Behaviour management:

Solihull reflects that children's behavioural problems can be linked to inadequate emotional containment with their parents.