

A Practitioners Quick Guide **To Parenting Programmes In York**

The programmes we have chosen to deliver to York mums, dads and carers have been well researched and evaluated locally, nationally and/or internationally. The findings show that the programmes work well and make a positive impact on the lives of children, young people, their families and the communities in which they live.

Because children don't
come with a handbook...



...mums, dads and carers
sometimes need information,
advice and support to make
the job easier.

To find out what's available:



Text "parent" to
07624 802 244



Click onto
www.yor-ok.org.uk



Telephone
01904 554628



Mellow Babies for mums, dads and carers of babies under 1 year with a high/critical level of need.(NAPP Rated)

A 14 week programme for parents with post-natal depression, those with parent-child relationship problems, and child protection issues. The programme aims to increase awareness of child development and enhance parental sensitivity as well as to improve parental mental health and wellbeing.

The programme is based on attachment and cognitive-behavioural theories amongst others and covers warmth, stimulation and behaviour management.

Mellow Parenting for mums, dads and carers of children under 5 years with a high/critical level of need.(NAPP Rated)

A 14 week, one day a week programme for parents with mental health problems including depression and postnatal depression; parents with alcohol misuse problems; parents on parenting orders; parents with anxiety or stress; and parents with parent/child maltreatment problems or with children on the child protection register.

The programme aims to support anticipating and pre-empting child management challenges, respect for child autonomy, positive co-operation, containment of children's distress, management of control issues, recognition and containment of parents' own emotional needs and self-esteem.



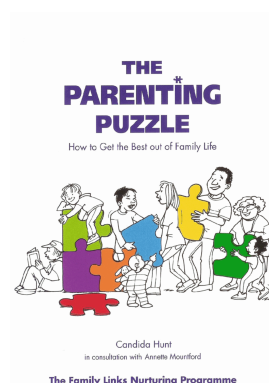
Kickstart for drug using parents of children under 5 years (Developed Locally)

An 11 week programme developed locally by a wide range of services and service users. The programme aims to enhance parents relationships with their children. Identify parents fears and anxieties about being a parent and a drug user and begin to meet parents own needs as a way of enabling them to meet their children's needs more effectively. Supports parents to develop coping strategies, support one another and assist them to access further sources of support for themselves and their family. Promotes positive parenting skills in a safe and non judgemental environment, highlight that parenting can be rewarding and fun

The Parenting Puzzle - Family Links Parent Nurturing Programme an early intervention programme for mums, dads and carers of 2 - 15 year olds. (NAPP Rated)

The 10 week programme builds on the skills parents already have and introduces lots of ways to improve family relationships and manage the behaviour of children of all ages, helping to improve parents' confidence. It gives ways to maintain effective positive discipline while gaining more understanding of their own and their child's emotional needs. Amongst many different skills, parents attending the course learn to:

- recognise the value of consistency and set clear boundaries
- maintain positive discipline
- respect their own and their children's emotional needs
- become a more confident, understanding parent



'Dinosaur School' for mums, dads and carers of 4-6 year olds, who are experiencing considerable difficulties (NAPP Rated)

A parenting programme for families struggling with the behaviour of their children at home and/or at school. A structured programme for mums, dads, main carers and their child. The first few sessions for the adults focus on building the foundation for a successful parent-child relationship. Later sessions look at how to cope with behaviour and also ways of communicating effectively with children and adults. The children's group, Dinosaur School, is centred on three main characters: Dina, Wally and Molly who are puppets. The children empathise with the characters given to the puppets and develop their social and emotional skills in a safe secure environment whilst also dealing with more specific areas of problem solving, anger management and self- control strategies.



'Strengthening Families, Strengthening Communities' for mums, dads and carers of primary and secondary school aged children who are beginning to experience difficulties.

The 13 week programme uses a strength based model to build or re-build relationships in the family, encourage children to work with parents not against them, improve parent knowledge of child development and its impact on behaviour and establish tools for becoming more involved with the community around them.



It is aimed at parents of 8 - 13 year olds as this is the stage where children start the stage of questioning and pushing boundaries at home. However, programmes are now running in primary and secondary schools so incorporate that wider age range. The programmes are open to mums, dads and carers. Between 15 and 20 programmes run per year - half the programmes are open access, the others target parents with particular issues, such as substance misuse, domestic violence, divorce/separation or ESL.

The programme builds over the 13 weeks towards a full discipline toolkit to deal with most situations, with weekly ideas on how to strengthen bonds between parent and child and exploration of the impact of how we were parented ourselves.

Speakeasy - Talking to children about sex & relationships for mums, dads and carers of children of all ages (NAPP Rated)

Speakeasy is designed for any parent and aims to increase parental confidence leading to age-appropriate communication with children about sex and relationships. An introductory session and 8 weekly, 2 hour sessions include active skills training and things to try out at home. The programme covers strategies which are helpful in parent-child communication, in aiding and facilitating talking about relationships and sexuality.

**Stronger Families for mums, dads and carers of 11-18 year olds, who are experiencing considerable difficulties
(Based on Escape and Parallel Lines – now NAPP Rated)**



The programme aims to improve relationships between young people and their families, increasing attendance at school whilst improving behaviour both at school and in the home and reduce the risk of young people engaging in offending behaviour.

The purpose of this programme is to offer support to parents who are faced with the challenge of meeting their children's changing needs as they pass through the different development stages from childhood, teenage years and adolescence. The content of the programme is non-threatening, family centred, and provides a framework for problem solving that parents can use to develop positive and co-operative relationships with their young people.

A group for the young people runs alongside this programme.

Time Out for Dads (NAPP Rated)

4 to 6 weekly sessions are designed for all fathers and aims to enhance the involvement of the father in the family. Other aims are to increase knowledge and use of behaviour management skills, improve communication and increase the emotional well-being and safety of the child. Co-ordinated by Family Matters York

Time Out for Special Needs (NAPP Rated)

This is usually a 6-week course especially for parents coping with a child with special needs and looks at some of the specific issues and ways of dealing with them. Co-ordinated by Family Matters York.

Time Out From Anger (NAPP Rated)

This is a 4 session course with 2 sessions exploring handling our own anger and 2 sessions looking at how we help our children to manage theirs. Co-ordinated by Family Matters York

Time Out for Parents

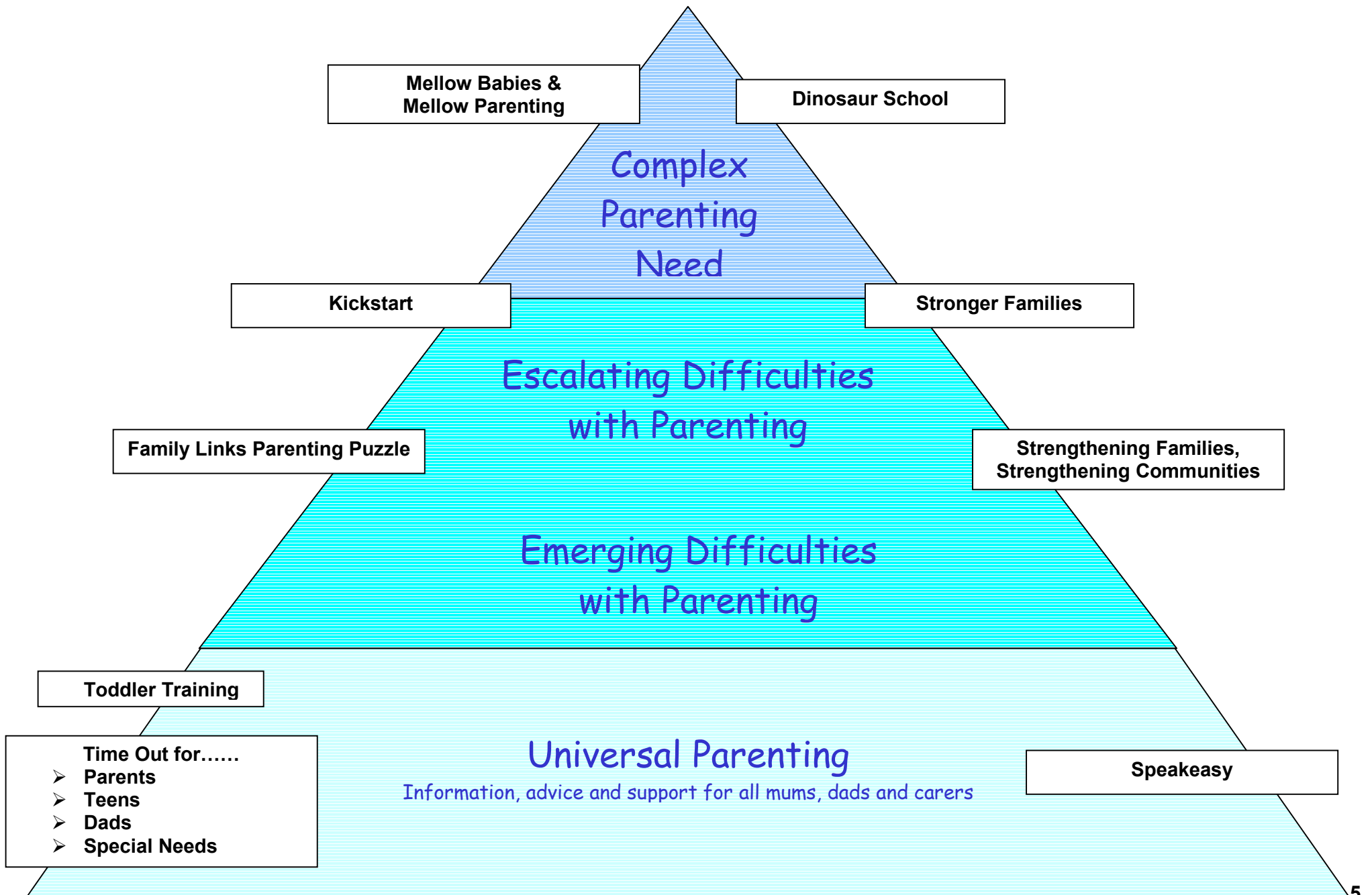
this course is suitable for parents and carers of children at primary school and covers topics like building your child's self esteem , handling discipline issues and keeping children safe. As with all our courses, it aims to be fun and interactive with opportunities to share experiences and ideas. Co-ordinated by Family Matters York

Time Out for Teens

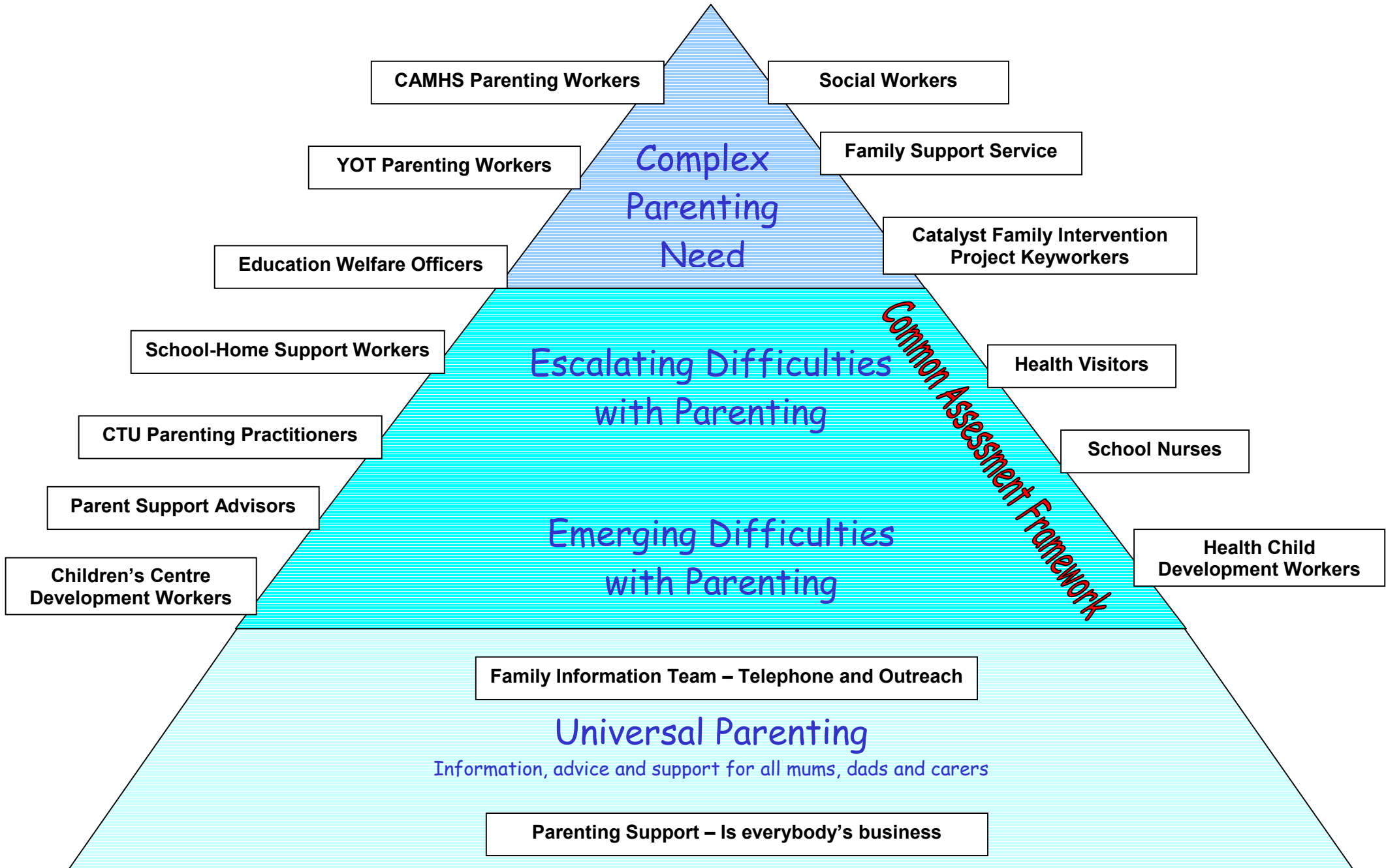
This 5 session course looks in more detail at teenagers and how we can boost their self esteem and communicate effectively with them. We also cover handling conflict and problem solving.

The first half of each workshop focuses on building self esteem and the relationship of the parent/ carer and their teenager and the second half focuses on trouble shooting and how to handle difficult behaviour. Co-ordinated by Family Matters York.

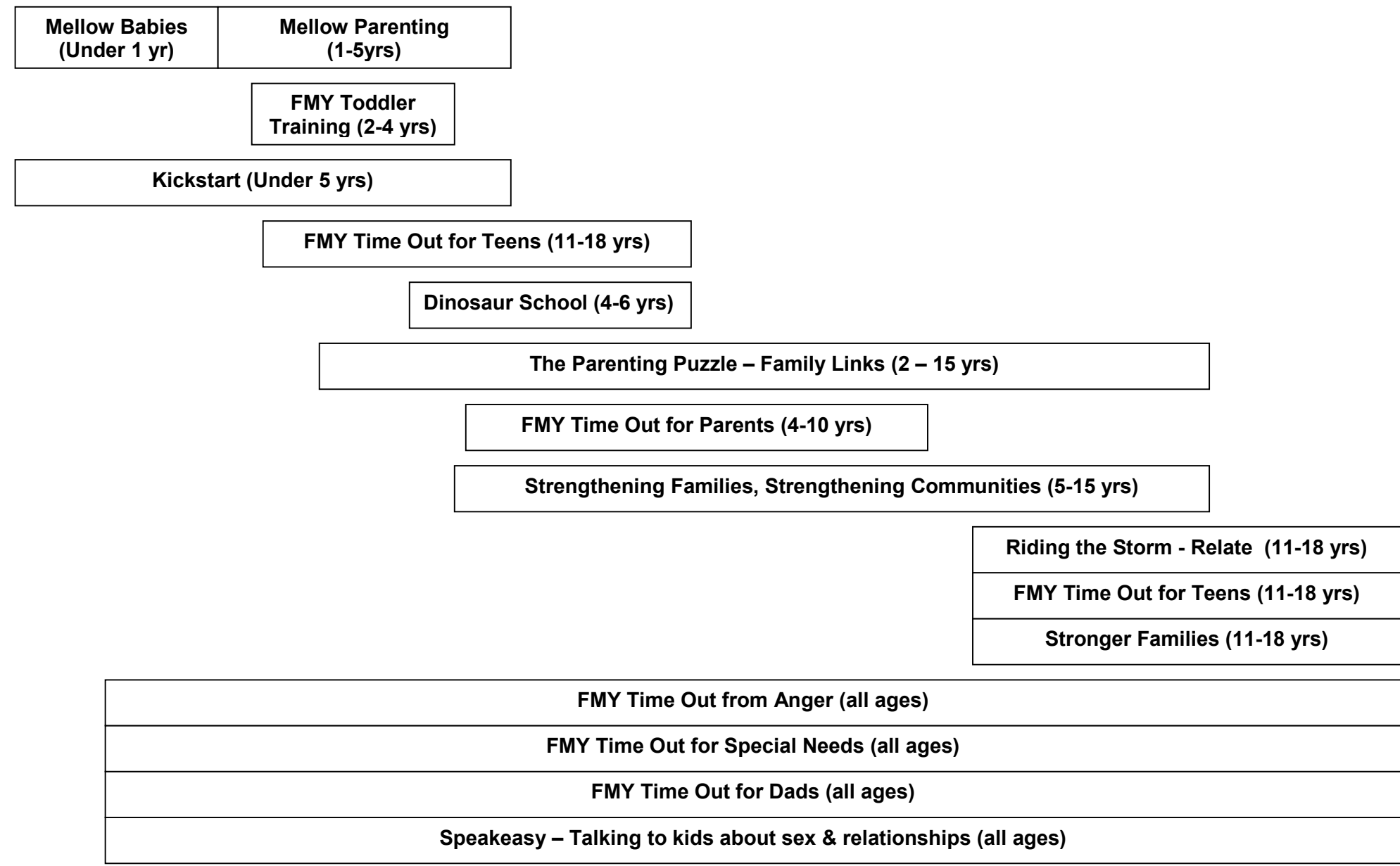
Structured Parenting Skills Programmes Across The Continuum of Need



Practitioners offering One to One Parenting Skills Support



Parenting Skills Programmes Across the Age Range



For further information/how to apply for places on any of the programmes and for other services to support parents and carers and their families please contact;

Family Information Service on

01904 554628 or visit www.yor-ok.org.uk

Other voluntary sector partners also offer parenting support.

The CTU Parenting Team can be contacted on :

01904 554358 parentingteam@york.gov.uk