



BIRMINGHAM
CHILDREN'S TRUST



PARENTING OFFER DIRECTORY

A DESCRIPTIVE GUIDE TO ALL ONLINE AND IN PERSON PARENTING COURSES OFFERED

BY FAMILY HUBS BEST START FOR LIFE AND BIRMINGHAM CHILDREN'S TRUST

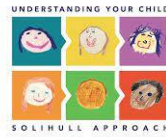
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INTRODUCTION TO THE ONLINE UNIVERSAL OFFER

SOLIHULL APPROACH



OUR ONLINE COURSES ARE AVAILABLE FOR FREE TO ALL PARENTS/CARER IN BIRMINGHAM.

The Birmingham Family Hubs and Best Start for Life programme is pleased to offer face-to-face and online universal learning options on a range of parenting topics.

If you are supporting a parent/carer who needs help to understand or meet the needs of a child/children they care for, and they cannot or do not want to access an in-person group, you can use this evidence informed resource as part of the family's plan, to address worries identified. This resource is suitable for parents/carers to use independently however we recommend that you support them through the registration process and explore with them their learning from each of the modules as part of reviewing the family's plan.

List of all available courses and languages available

Please note all Solihull Approach modules come with an accompanying voiceover

- Understanding pregnancy, labour, birth and your baby (Arabic, polish, Urdu, Welsh)
- Understanding pregnancy, labour, birth and your baby: for women couples
- Understanding your baby (Arabic, Polish, Spanish, Urdu, Welsh)
- Understanding your teenager's brain (Arabic, Urdu, Welsh)
- Understanding your child with additional needs
- Understanding your child's feelings - a taster course
- Understanding your brain for teenagers only
- Understanding your relationships
- Understanding your child's mental health and well-being
- Understanding your child from toddler to teenager (Arabic, Bulgarian, Polish, Simplified Chinese, Somali, Urdu, Welsh)
- Understanding your feelings for teenagers only
- Understanding your pre-term or sick baby in hospital
- Understanding your own trauma
- Understanding the impact of the pandemic on your teenager
- Understanding the impact of the pandemic on your child
- Understanding your pre-term or sick baby now you are home
- Moving up to secondary school for children with additional needs

UNDERSTANDING PREGNANCY, LABOUR, BIRTH AND YOUR BABY

About this course

No matter your family set-up, the important relationships in your child's life help shape their emotional health and wellbeing, and this starts as your baby develops in the womb. Your baby's senses develop in pregnancy, and their brain is already building millions of connections to prepare them for their new world after birth.

Understanding pregnancy, labour, birth and your baby is for all parents, grandparents and carers expecting to welcome a new baby and has been designed to include all the practical information and advice you might expect from a traditional antenatal class with the additional benefit of support around emotional and mental wellbeing for you and your baby. The course can be followed in addition to in-person classes or in place of them if you're unable or prefer not to attend such groups.

Modules

The course follows 9 Modules, each taking around 20 minutes and broken up into manageable chunks called Units. You'll find a range of practical tools as well as emotional support and guidance, including information on pain relief, birth positions, meditative breathing, preparing to take your baby home, approaches to feeding, soothing and connecting with your baby, and specialist material for fathers (we have a separate course for women couples).

- Welcome
- Helping you and your baby through pregnancy and birth
- Getting to know your baby in the womb
- You your baby under stages of labour
- Helping you and your baby through labour and birth
- Feeding your baby
- Who's the daddy now - I'm the daddy **or** Your role as the partner (women couples)
- After your baby's born
- Congratulations

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

https://youtu.be/6Xe7mBNC_r8

UNDERSTANDING YOUR BABY (Postnatal 0-6 months)

About this course

Your baby's brain is making millions of connections every second, learning and establishing patterns that will set them up for a lifetime. No matter your family set-up, the important relationships in your child's life help shape their emotional health and wellbeing, with their first three years being the most important period of their brain development.

Understanding your baby is for all parents, grandparents and carers welcoming a new baby and has been designed to include all the practical information and advice you might hope for from a traditional baby group, with the additional benefit of support around emotional and mental wellbeing for you and your baby. The resources and information included are focused on the first year of your baby's life. You might find our course on ***Understanding your child: from toddler to teenager*** more helpful if your baby is over two.

Modules

- Understanding feelings: Both your own and your baby's
- Understanding your baby's brain
- Understanding your baby's crying
- How to respond to crying
- Understanding your baby's rhythms
- Developing healthy sleep patterns
- Understanding your baby's feeding
- Who's the daddy now - I'm the daddy
- Understanding your baby's development and play
- Understanding your baby's childcare
- Congratulations

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/f1p8GdB0RE0>

UNDERSTANDING YOUR CHILD: From toddler to teenager

About this course

No matter your family setup, the important relationships in your child's life help shape their emotional health and wellbeing. This transformative course offers a reflective space to think about your child's development, their behaviour and how they are communicating.

Understanding your child: from toddler to teenager is for all parents, grandparents and carers of children aged between six months to 19 years. The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child, their emotions and how to nurture them.

Modules

- How your child develops
- How the brain develops
- Understanding how your child is feeling
- Reading behaviours
- Tuning into what your child needs
- Processing feelings
- Different styles of parenting
- Having fun together
- Rhythm of interaction
- Why sleep is important
- Self- regulation and anger
- Communication and tuning in
- Looking back and looking forward

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/JKsTTDBsTns>

UNDERSTANDING YOUR CHILD WITH ADDITIONAL NEEDS

About this course

This specialist course for parents, relatives or friends of children with additional needs is designed to support you to better understand their world and how the important relationship you share can enable them to thrive. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to read and manage behaviour, develop your communication and support their development.

It's also for you as a support for your emotional wellbeing. Parenting a child with additional needs can bring a range of big emotions, that at times may feel overwhelming. Recognising and processing these feelings is a really important part of the care you provide your child.

Understanding your child with additional needs is for all parents, grandparents and carers of children who may be neurodiverse, have a physical or learning disability or may be autistic. Some parents describe their child as differently abled or neuroatypical, neurodiverse or neurodivergent. The resources are tailored so that whatever their developmental age, you can use the ideas and techniques to help better understand your child, their emotions and how to help them process or manage them.

Modules

- Being a parent (level 1)
- Our feelings (level 1)
- Understanding how your child is feeling (level 1)
- Reading behaviours (level 1)
- The challenge of reading behaviours
- Tuning into what your child needs (level 1)
- Processing feelings (level 1)
- Different styles of parenting (level 1)
- Having fun together (level 1)
- Rhythm of interaction (level 2)
- Why sleep is important (level 2)
- Self-regulation and anger (level 2)
- Communication and tuning in (level 2)
- Looking back and looking forward (level 2)

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/EmqvASsCqG4>

UNDERSTANDING YOUR CHILD'S FEELINGS (a taster course)

About this course

The important relationships in your child's life help shape their emotional health and wellbeing. This transformative course offers a reflective space to think about your child's feelings and how this relates to their behaviour.

Understanding your child's feelings is important for all parents, grandparents and carers of children aged between six months to 19 years. The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child's feelings and behaviour to nurture them. This is a short 'taster' course. When you have finished this course, if you want to know more, then try Understanding your child: from toddler to teenager.

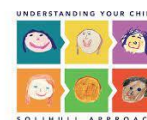
Modules

- Welcome and introduction
- Our feelings
- Understanding how your child is feeling
- How your child is feeling
- Reading behaviours
- The challenge of reading behaviours
- Review
- Congratulations

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/vSl9vh-Sczs>



UNDERSTANDING YOUR TEENAGER'S BRAIN

About this course

Adolescence is the second most rapid period of brain development after the first few years of life. Teenage brains are reshaped in this period, and hormonal and developmental changes have a natural impact on how young people feel about their world as well as how they express themselves.

Understanding your teenager's brain can help you to understand and read their behaviours and how you might best support them in this critical period. The relationship you share remains one of the most important for nurturing their wellbeing and helping them to thrive as kind, sociable and resilient people throughout their lives.

You might be recognising that your child is increasingly sensitive, expressing strong emotions, sleeping differently, and you might feel your relationship is changing. You are not alone. This course will explain some of the major changes children experience as they go through their teenage years and help you to understand their emotional wellbeing as well as their changing emotional support needs.

Modules

- Welcome and introduction
- Teenagers brain development
- Teenagers and reading faces
- Risk taking
- Risk taking friends
- Sensitive to rejection
- Teenagers and sleep
- Review
- Congratulations

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/zX2FUAAuXXs>

UNDERSTANDING YOUR RELATIONSHIPS

About this course

Relationships are the threads that bind us together, shaping who we are and how we experience the world. They are fundamental to our mental and emotional health.

Everyone, at some stage, will find themselves in a relationship with others, whether you are a husband, wife, partner, girlfriend, boyfriend, or friend. Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, and can bring out the best or worst in us.

Human connections can be challenging and even bewildering. This course is here for you, designed by experienced psychologists and practitioners to empower you to understand your emotions, needs and communication styles, transforming your relationships for the better.

Modules

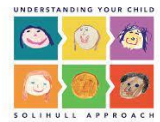
- Our feelings
- Understanding how the other person is feeling
- Reading behaviours
- Responding
- Communicating feelings
- The rhythm of interaction
- Self-regulation and anger
- Coping with anger
- What we learned from our parents
- Rupture and repair
- Looking forwards

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/kVjL01hDWik>

UNDERSTANDING YOUR OWN TRAUMA



About this course

This online course is for people who want to understand more about their own trauma or to support others in managing trauma.

Psychological trauma is an emotional response to a distressing event or series of events that overwhelms an individual's ability to cope. Trauma overwhelms the processes in our brain, which usually help us to make sense of experiences and can have a lasting impact on our lives.

Research shows that by making sense of traumatic events, people can process them and effectively manage triggers. This course is designed to support a better understanding of trauma, and it will guide your personal journey – everyone's experience of trauma is different and finding the right way to process and manage your experience is personal.

Understanding your own trauma is for people who have experienced trauma at any point in their lives, perhaps through loss, bereavement, an accident, or illness. It is also for those who want to support friends or family through trauma. This course is not a replacement for therapy or counselling. You may find it difficult at times, and perhaps you would find it helpful to talk to someone, so we have included some signposts for further support, should you need it.

Modules

- What is trauma
- Going through a traumatic experience
- Trauma memories
- Recognising trauma
- All feelings
- Containment
- Anxiety and depression
- Processing trauma
- Recovery from trauma
- Trauma in the general population
- Congratulations

Link to supporting introductory video

Paste into your browser on your mobile device or laptop to view

<https://youtu.be/qEmhR76ncVc>

INTRODUCTION TO OUR IN-PERSON PARENTING GROUPS



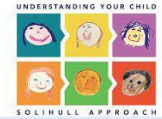
Our in-person parenting groups take place in community venues across the city. Parents/carers and professionals alike can access information and request a place on a group by using the or QR code link below to access an enquiry form.

<https://shorturl.at/ghBCK> The form will contain details of the dates, venues and language options for the groups below.

PLEASE NOTE: If the family you are supporting has more specific needs e.g. child protection, child in care, please email our parenting team ParentingTeam@birminghamchildrenstrust.co.uk for guidance on accessing a group more tailored to their circumstances.

- Solihull Approach - Antenatal
- Solihull Approach - Postnatal
- Solihull Approach – Toddler to Teen
- Family Foundations
- Triple P for Baby
- EPEC – Baby and Us
- EPEC – Being a Parent
- Approachable Parenting – Pregnancy to 3 years
- Cygnet Autism group

SOLIHULL APPROACH – Understanding pregnancy, labour, birth and your baby



About this course

The antenatal course gives parents/carers practical information about pregnancy and birth whilst at the same time introducing them to their baby. It explains how and why those around this baby are so important, whether they are the mother, father, partner, grandparent or birth partner.

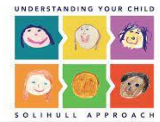
Course content

- Helping you and your baby through pregnancy and birth
- Getting to know your baby through pregnancy and birth
- You, your baby and the stages of labour
- Helping you and your baby through labour and birth
- Feeding your baby
- After your baby is born

Course length: 3- 5 weeks, 2-hour sessions

Link to registration <https://shorturl.at/ghBCK>

SOLIHULL APPROACH – Understanding your baby



About this course

The postnatal course gives parents and carers of babies up to 9 months old, information about their baby's brain development, physical and emotional development. It shows how important their relationship with their baby is for baby's development. It blends the traditional information given on a postnatal course with this new approach to developing your relationship with the baby. It looks at the baby's sleeping, feeding, crying, playing and childcare options.

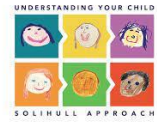
Course content

- Yours and your baby's feelings
- Understanding your baby's brain
- Baby's communication and crying
- Developing healthy sleep patterns
- Feeding your baby
- Play and development
- Baby's childcare

Course length: 6 weeks, 2-hour sessions

Link to registration - <https://shorturl.at/ghBCK>

SOLIHULL APPROACH – Understanding your child: from toddler to teenager



About this course

This course empowers parents/carers with practical tools and strategies for understanding and supporting their children's emotional development, fostering strong relationships, and promoting positive behaviour. Then allowing parents to apply what they have learned in their everyday interactions with their children. This group is most useful for those caring for children from 2 years old.

Course content

- Understanding Child Development
- Improve communication with your child
- Tuning into Feelings and Behaviour of your child
- Responding to your child's behaviour
- Building strong relationships with your child
- Parenting styles
- Sleep patterns

Course length: 8-10 sessions, 2 hours term time only.

Link to registration - <https://shorturl.at/ghBCK>

FAMILY FOUNDATIONS



About this group

The group focuses on the co-parenting relationship to assist parents to work together supportively to promote healthy family relationships. It is for all parents/ carers in a relationship, separated or for main carer and those supporting the main carer to co-parent (i.e. Grandmother).

Course content

- Prepare yourself and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life

Course length: Two 1-day sessions. One prenatal session from around 20 weeks of pregnancy and one postnatal, when baby is first born up to 4 months old. Parents are welcome to bring their baby to the postnatal session.

Goody bags and other incentives will be offered but will vary in each district. Both parents/carers need to attend the sessions.

Link to registration - <https://shorturl.at/ghBCK>

TRIPLE P – For baby

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. It is appropriate for parents at the transition to parenthood or with a baby up to 12 months of age. Parents need to be able to commit to all eight sessions.

Course content

- Positive parenting
- Responding to your baby
- Survival skills
- Partner support
- Implementing parenting routines
- Programme close

Course length: 8 sessions, 4 group sessions followed by 4 individual consultations to assist parents with independent problem solving while practising the skills at home

Registration



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Further information for parents:

About this group

Baby and Us (BAU) is an 8-week programme for parents and carers with children aged 0-2 years old. The sessions are for 2 hours, one day a week. Groups Available Citywide. Come join this peer led baby group to share experiences and develop connections with other new parents in the community.

Course content

- Following your baby's cues
- How to feel more confident in your role as a parent
- Learning to communicate responsively with your baby
- Building a good attachment between you and your baby
- An opportunity to develop friendships with other parents
- Games, singing, physical touch and play to have fun with your baby
- Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your babies, crying, sleeping, feeding and the practicalities of your baby's routine

Course length: 8 weeks – 2-hour sessions

(Parents carers and professionals can make a referral at any time and do not need to wait for specific group dates)

Link to registration - <https://shorturl.at/ghBCK>

Contact details- Email: EPEC@barnardos.org.uk, **Telephone:** 0121 477 6440

About this group

Sessions are highly interactive, involving a blend of small and large group discussions, role play, information sharing and reflecting. Parents and carers will be supported to better understand, manage and enrich their children's needs and development as well as to look after themselves.

Parents who have completed this course can then apply for free training become a trained Parent Group Leader (PGL) and begin to deliver BAP to families in their community with the support from their local EPEC team.

Course content

- Attachment and parent child relationships
- Understanding and managing children's feelings and parents' emotional regulation
- Parenting roles
- Expectations and culture
- Parent listening and communication
- Play and interaction skills
- Positive behaviour management and discipline strategies
- Managing parent and family stress

Course length: 8-week programme – 2-hour sessions

(Parents carers and professionals can make a referral at any time and do not need to wait for specific group dates)

Link to register - <https://forms.office.com/e/2MwQu2xJpz>

Contact details- Email: EPEC@barnardos.org.uk, Telephone: 0121 477 6440



APPROACHABLE PARENTING – Pregnancy to 3 years

About this group

Approachable Parenting builds techniques to support parents during pregnancy, birth and with baby as they develop. The group helps to educate parents in the techniques and skills required in promoting brain development and enabling the baby to reach their milestones. The programmes are underpinned by psychological principles and includes references from the Islamic faith. Programmes are open to all parents from any cultural background, faith or not.

Course content

- Concepts made easy, to engage and retain parents from minority ethnic backgrounds
- Using appropriate references from the Islamic faith for better understanding of psychological concepts
- Techniques to bond better with baby and promote your baby's brain development
- Nurtures secure attachment for optimal infant mental health, promoting healthy society, emotional and cognitive development
- Differentiate between baby blues and post-natal depression also addressing dad's mental health
- Develop a routine and structure as your child grows
- Demonstrating techniques through role play e.g. initiating child led play and development
- How to develop a healthy relationship with your partner by establishing your family values
- Coaching skills to be able to manage different aspects of parenthood, exploring involvement of the wide family
- Developing parenting plans to promote a healthy and happy family

Course length: 8-week programme – 2-hour sessions

Link to registration - <https://shorturl.at/ghBCK>

Contact details for enquiries

Telephone: 0121 773 8643

Email: info@approachableparenting.org.uk

Website: <https://approachableparenting.org/>

CYGNET PROGRAMME - Autism support



About this group

The Cygnet course is a seven-week programme to support parents, carers and professionals looking after and working with children and young people (aged 3 - 18yrs old) who have a diagnosis of autism, is on the pathway to an autism diagnosis, or is suspected of having autism.

Parents of children with autism face the usual difficult challenges of parenting, as well as handling additional specific needs of their children.

The programme will cover the following and help you:

- Increase your knowledge of autism
- Further understand your child's perspective and view on the world
- Develop practical strategies that can be beneficial to your child
- Direct you to relevant support and resources, locally and nationally
- Meet other people in a similar situation and hear about their experiences in an informal but supportive atmosphere
- Explore specific topics e.g. supporting sibling, puberty, sexual wellbeing & relationships, and sleep

Each session is delivered in groups of no more than 12 people and is available both in-person and online.

Course Length: 7 weeks, 2.5 to 3 hours per session

Link to enquire: <https://shorturl.at/ghBCK>

INTRODUCTION TO BCT TARGETED PARENTING OFFER

Our Targeted Parenting Offer is available to families who have a named lead practitioner within the Trust, usually an Early Help Worker, Family Support Worker or Social Worker. These groups are advertised locally in our staff comms bulletin however enquiries about upcoming groups can be made by contacting ParentingTeam@birminghamchildrenstrust.co.uk

Partners agencies, including schools, who wish to access the groups included in our targeted offer should in the first instance make contact with their Early Help District Team Manager or email ParentingTeam@birminghamchildrenstrust.co.uk

Please note: Our online Triple P programme can only be accessed via an Early Help Worker or a Families Together Family Support Worker

Our current offer includes the following courses and groups

- Online Triple P for Baby
- Online Triple P – 2 to 12 years
- Online Triple P – Teen
- Online Triple P – Fear Less
- Online Triple P – Family Transitions
- Adverse Childhood Experiences (ACEs)
- Inspiring Families
- Domestic Abuse Recovery Toolkit (online group)
- Non-Violent Resistance (NVR)

About this course

Aimed towards parents/carers at the transition to parenthood or with a baby up to 12 months of age. Triple P Online for Baby involves seven online modules with videos and interactive activities that parents complete independently in their own time and at their own pace, from a computer, tablet or smartphone. Triple P Online for Baby can be completed by parents prenatally and/or postnatally, and parents have online access to complete the programme for 12 months.

Modules

- Positive parenting
- Understanding your baby's development
- Developing a positive relationship
- Responding to your baby
- Survival skills
- Partner support
- Conclusion

Further information for professionals



Triple_P_for_Baby
Professionals.pdf

Further information for parents



Triple_P_for_Baby
Parent.pdf

Link for introductory video - <https://www.facebook.com/triplepparenting/videos/free-online-baby-parenting-program/1005421251238369/>

- **You do not need a Facebook account to view this video click X in the pop up box**
- **The sound may be automatically turned down on this link please scroll down and click the speaker icon in the lower right corner of the video.**

TRIPLE P – 2 to12 years



About this course

A broad-based parenting intervention delivered online for parents of children up to 12 years. The program involves eight (1-hour) online modules that parents complete independently in their own time, from a computer, tablet or smartphone. Parents have online access to complete the program for 12 months.

Triple P Online introduces users to Triple P's 17 core parenting skills – simple strategies to encourage positive behaviour and to prevent and manage misbehaviour.

Suited to parents who prefer an online program or are more suited to completing an online program for reasons such as busy schedules, geographical isolation, or inability to attend regular parenting courses. The program can be used to prevent problems from developing or for parents of children with significant social, emotional or behavioural problems.

Modules

- What is positive parenting?
- Encouraging behaviour you like
- Teaching new skills
- Managing misbehaviour
- Dealing with disobedience
- Planning ahead to prevent problems
- Making shopping fun
- Raising confident, capable kids

Further information for professionals



Triple_P_Online
5-12.pdf

Further information for parents



Triple P online 5-12
for parents.pdf

Link to introductory video - <https://www.youtube.com/watch?v=1SlTEIjtBgo>

TRIPLE P – Teen

About this course



This online Triple P course helps parents/carers create the best environment for their teenager's development. Offers supports to know how to address behaviours, promote new skills and help emotional self-regulation. This course is suitable for parents/carers with children from 10-16 years old.

Modules

- What is positive parenting of teenagers
- Encouraging behaviour you like
- Teaching new skills and behaviour
- Managing problem behaviour
- Planning ahead for risky situations
- Raising confident, capable teenagers

Further information for professionals



Teen Triple P Online
Professionals.pdf

Further information for parents/carers



Triple P Teen for
parents.pdf

TRIPLE P – Fear less



About this course

Fear-Less Triple P, has been developed as an intervention for parents of children with anxiety. The programme helps parents learn new cognitive behavioural strategies and other techniques for anxiety management to improve the whole family's coping skills. The programme is for parents of children who have clinically significant levels of anxiety that is impacting on daily life.

Modules

- Understanding anxiety
- Promoting emotional resilience
- Setting a good example and encouraging realistic thinking
- Understanding avoidance
- Responding to children's anxiety
- Constructive problem solving and maintaining progress

More information for professionals



Triple P Fear-Less
professionals.pdf

More information for Parents/Carers



Triple P Fear Less
Parents.pdf

Link to introductory video - <https://www.youtube.com/watch?v=FN9h1a8s6gc>

TRIPLE P – Family transitions



About this course

Family Transitions Triple P Online involves five online modules with videos and interactive activities that parents complete independently in their own time and at their own pace, from a computer, tablet or smartphone. The programme is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. Parents may be concerned that the divorce is upsetting their children, or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents have online access to complete the programme for 12 months.

Modules

- Separation or Divorce
- Coping with emotions (1)
- Coping with emotions (2)
- Managing conflict
- Balancing work, family and play

Further information for professionals



Family Transitions
Triple P Online.pdf

Information for parents



Family Transitions
Digital Flyer Birmingham

Link to introductory video - <https://www.youtube.com/shorts/QspekE9EjGg>

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

About this group

Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunctions such as witnessing domestic violence or growing up with substance abuse, mental illness, parental discord or incarceration.

Living with ACEs results in individuals developing coping and lifestyle strategies that are based on poor parental attachment and the effects of trauma.

The ACEs Recovery Toolkit Programme for ADULTS is a 10- week in-person group programme written to educate and inform individuals about the impacts of Adverse Childhood Experiences (ACEs).

The programme, using a trauma-informed, psychoeducational model, provides guidance on the protective factors that help buffer the impact of ACEs, and provides practical methods for individuals to develop the resilience they need for themselves and for their children.

Course content

- What ACEs means
- How our brains and bodies cope with trauma
- What is resilience and ways to improve your relationships
- Understanding attachment
- Safety networks and support systems
- Managing toxic stress
- Understanding child development
- Supporting our emotions

Course length: 10 weeks, 2 hour sessions (creche not provided)

Further information for parents



ACES flyer.pdf

INSPIRING FAMILIES

About this group

The **Inspiring Families Programme (IFP)** is a ten-week programme for families where domestic abuse is an identified component and the families have chosen to stay together.

It is a programme that can strengthen and stabilise families and provides professionals with a robust framework to assess the parent's behaviour including coercive control, any disguised compliance, the level of current risk and the likelihood of future risk.

The programme also assesses the potential for change and the reduction of risk within the family or whether, indeed, the risk is too high or the potential for change too low to make working with the family a viable option.

The IFP is designed to be an accessible tool that will provide professionals with the evidence they need to assess the family and to identify the type and level of further intervention required.

The programme is delivered in separate groups of non-abusing and abusing parents. It provides participants with information and space to judge their own behaviour and make their own decisions about the future.

Referral criteria:

- The family is affected by domestic abuse (they do not need to be currently living together)
- Both parents have the intention to stay together
- The female partner can attend the women's group sessions for 10 weeks
- The male partner can attend the men's group for 10 weeks
- Both partners understand the programme and the commitment they will be making to attend every week for the duration of the programme

Please also note the following:

- This programme is only suitable for families supported through Early Help and Child in Need plans. We cannot support Child Protection plans at the moment
- This programme is not suitable for families who need interpreting support
- We are unable to provide a creche/childcare, please ensure families have access to this support before you refer
- The allocated worker or another professional will need to see the children every fortnight throughout the programme delivery

Course length: 10 weeks

DOMESTIC ABUSE RECOVERY TOOLKIT

About this course

The Domestic Abuse Recovery Toolkit is a 12-week online groupwork programme that helps participants understand the impact of having experienced domestic abuse and aims to equip women with the knowledge they need to recover from its effects.

The programme explores how women are prevented from leaving abusive relationships and how the thinking patterns developed as a method of managing the risk can make it difficult to move forward. It reinforces strengths, resources, coping skills and resilience to support improved health and wellbeing on a long-term basis.

The programme uses a trauma-informed psychoeducational model, designed to be strengths based and skills building. We facilitate a safe space to encourage learning and collaboration, we believe that by giving individuals knowledge we enable them to better understand and deal with their experiences.

Course content

- What is abuse
- Self-esteem coping and the consequences of toxic stress
- The effects of abuse on children and on parenting styles
- Self-esteem affirmations and the power of positive self-talk
- Anger conflict and assertiveness
- Boundaries and trust
- Losses and gains
- Setting goals
- Healthy relationships

Course length: 12 sessions, online.



DARTK Information
leaflet.pdf

More information for parents:

NON-VIOLENT RESISTANCE (NVR)

About this course

Non-Violent Resistance (NVR) is a therapeutic model that understands and addresses the parenting of children with challenging behaviours, working to change the way a parent addresses behaviour rather than trying to change the child's behaviour.

Each group runs either online or in person with trained NVR facilitators. The focus each week is a concept from the Non-Violent Resistance Approach. The sessions equip parents/carers with knowledge of these concepts and the skills to use the approach with their young person. Parents/carers are supported with relational skills and strategies to manage issues around illness and safety, in non-coercive ways.

The NVR parent group is suitable for parents who have a child/ren between the ages of 8-17.

Criteria for referral

- Increasing need for control or decreasing sense of control for parents
- Managing self-destruction/unsafe behaviours.
- Managing controlling behaviours.
- Conflict in the relationship between parent and young person.
- Aggressive or violent behaviours.
- Difficulties accessing education.
- Difficulties accessing treatment.
- Internet safety.
- Addressing risk of sexual exploitation.
- Young person not being contactable and their whereabouts not known.
- Parental isolation/lack of support.
- Unsafe/Unhelpful peer influences.

Course content

- Introductions to group and NVR
- Parental presence and self-care
- De-escalation
- Reconciliation/Relationship gestures
- Lifting the veil of secrecy and accommodating behaviours
- Basket and introduction to announcements
- Supporters and siblings
- Announcements
- Campaign of concern and sit in with
- Ending session graduation and reflections

Course length: 10 sessions (term time) 1.5-hour sessions



NVR

LEAFLET-Parents.pdf

More information for parents: