

















Winter 2024




EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES





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Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team deliver a range of evidence based programmes. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.

We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:



Seminars

This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.

To book a place on a seminar please follow this link and book Via Eventbrite:
<http://bit.ly/SheffParentHub>

Discussion Groups

The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.

This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.

Booking for Discussion Groups is essential. To book on to a place please follow this link and book Via Eventbrite:
<http://bit.ly/SheffParentHub>

Group Parenting Programmes

A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 5 – 15 weeks depending on the programme.

Booking or referral to a programme is essential.

Please contact us to discuss it in more details on **0114 2057243** or email
Sheffieldparenting@sheffield.gov.uk



0-12 Raising Resilient Children

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognising and accepting feelings.
- Expressing feelings appropriately.
- Building a positive outlook.
- Developing coping skills.
- Dealing with negative feelings.
- Dealing with stressful life events.

The Power of Positive Parenting

This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.

0-12 Raising Confident and Competent Children

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.

Time to Sleep

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. This is an information session for all parents/carers of children 12 months and over. The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine

Father's seminar

This seminar promotes the importance of a father's input to a child's development by looking at:-

- The importance of Fatherhood.
- Promote positive relationship between the father and the child.
- Promote the father's parenting skills.
- Exploring child friendly activities to engage
- Father's role in supporting the child with managing emotions and risky behaviour.
- Role modelling care and respect.



Triple P Fear-less seminar

This seminar is for parents/carers of children aged 2-14 years. Practitioners introduce parents to some information about anxiety and provide positive parenting strategies that support the development and behaviour of children with anxiety. The topics covered include:

- Understanding how anxiety works.
 - Becoming the best possible model of anxiety management for all their children.
 - Becoming effective emotion coaches.
 - Understanding and teaching the value of flexible thinking.
 - Managing their children's anxiety effectively.
 - Using constructive coping, problem solving
- And much more!





Teen - Getting Teenagers Connected

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others

Teen - Raising Competent Teenagers

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.

Teen - Raising Responsible Teenagers

Practitioners introduce parents to the six key elements of teenager's becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.





0-12 SEND - Positive Parenting for Children with a disability

This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:

- Parents Hope and Dreams
- Developmental delay and disability
- Some realities of being a parent
- Children's behaviour, the tough part of being a parent
- What is positive parenting?
- Seven Key principles of being a parent.

0-12 SEND - Helping your Child Reach their Potential

This seminar looks at ideas to support parents to help their child get off to a good start by looking at:

- Choosing a skill to teach
- Break the skill into steps
- Choose rewards
- Decide when and where to teach
- Use effective teaching strategies
- Keep track and review progress

0-12 SEND - Changing Negative Behaviour into Positive Behaviour

This seminar looks at common behaviour problems and key steps to manage them:

- Track the behaviour
- Understand why behaviour is occurring
- Change events that occur before the behaviour
- Encourage alternative behaviour
- Put your plan into action

Time to Sleep Neurodiverse

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness.

This information session has a neurodiverse focus, it is for parents/carers of children who have a diagnosis of or are on the waiting list for assessment for a condition such as Autism, ADHD and other neurodiversity's

The session will cover

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- Sensory processing and how this impacts sleep
- What makes a good routine including visual aids.





0-12 Hassle Free Outings with Children

This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public.

Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.

0-12 Dealing with Disobedience

This discussion group covers why some children have difficulty learning to follow instructions.

The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.

0-12 Developing Good Bedtime Routines

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen.

The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.



0-12 Managing Fighting & Aggression

In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight.

This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

SEND Workshops

Monthly, hour long SEND Workshops. Each month we will discuss a different topic, give you an update on the Parenting and Family Intervention Service SEND Teams and offer some time for questions and answers.



Community Language Discussion Groups

We offer a selection of discussion groups delivered in different languages with an interpreter. Please contact the Team if you require further information.





Teen - Getting Teenagers to Cooperate

During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative.

Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.



Teen - Coping with Teenagers' Emotions

In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down.

Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

Teen - Building Teenagers' Survival Skills

This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.

Teen - Reducing Family Conflict

During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.

To book a place on a seminar or discussion group, scan this QR code!





Incredible Years Toddler

This programme deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Duration: 12 weeks

EPEC - Baby and Us

Baby and Us covers topics such as:

- 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 baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

For parents/carers of babies under 9 months old at the start of the course.

Duration: 9 weeks



Incredible Years 3-8

The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour.

Duration: 15 weeks

1-12 Triple P

Generic universal parenting programme for parents of children 1-12. The programme promotes positive parenting strategies, coping and self-care skills.

Duration: 9 weeks





Triple P Baby Online

Now, there's Triple P Online for Baby, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

Promote your baby's social, emotional, and cognitive development

- Be empowered and have confidence in your own choices- different options to cope with frequent crying, sleeping, partner conflict and more
- Read your baby's cues and encourage their language learning
- Take better care of your own emotional and mental health
- Enjoy life as a new parent a lot more!

You will be given a free code to work through the programme independently at a time that suits you. Our accredited staff team are also available for telephone support if needed.

1-12 Triple P Online

Now, there's Triple P Online, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

Cope with difficulties and emotional stress

- Encourage good behaviour
- Prevent tantrums & manage misbehaviour
- Take the stress out of shopping
- Manage problems calmly and without yelling
- Get your child to co-operate and follow instructions
- Strengthen your relationship as you teach them new skills

You will be given a free code to work through the programme independently at a time that suits you. Our accredited staff team are also available for telephone support if needed.





EPEC - Being a Parent

This course aims to improve child development outcomes, parenting, family resilience and family relationships. The programme creates a trusting group ethos where parents are encouraged and supported. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 8 weeks

Fear-less Triple P

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The programme encourages parents to generalise strategies to all family members, not just the child of concern. Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety.

Duration: 6 weeks

EPEC - Living with Teenagers

Living with Teenagers is an 8 week group programme offered to parents/carers of young people aged from 12 to 16 years old.

The course is led by trained EPEC (Empowering Parents, Empowering Communities) parent facilitators and aims to support you to manage both you and your teen's feelings, communicate and interact positively with your teen, use positive behaviour management strategies and manage parental stress.

Duration: 8 weeks

Teen Triple P Plus

Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills. Find out how to promote your child's or teenager's emotional wellbeing, support your children to cope with life's ups and down's and make family life more enjoyable for everyone, with tips that really work.

Duration: 8 - 10 weeks

Timid to Tiger

This programme will help you manage your child's worries and help them become more confident. We know that it can be very difficult raising an anxious child. Many parents tell us that they can be torn between pushing their child to face their fears but wanting to protect them when they're frightened and worried. It can be hard to know the best thing to do.

This programme is designed to help parents understand anxiety and to give them strategies for building their child's confidence. As a loving parent you are in a great position to help them learn to deal with their worries.

Duration: 10 weeks





Sheffield Parenting Hub has a range of programmes available to all.

These programmes are specifically designed for parents and carers of children with SEND.

Stepping Stones Plus

This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting

Duration: 10 - 12 weeks

EPEC - Being a Parent of a Child with Autism Spectrum Disorder

This course will help parents/carers of children with Autistic Spectrum Disorder. The programme explores ways of managing behaviour, raising self esteem and confidence. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

Duration: 10 weeks

Incredible Years ASD

A 15 week programme for parents of children aged 2-8 years that may be displaying complex challenging behaviour. It tailors to each child's individual needs and their development. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Incredible Years has been evaluated for over 30 years working with families of children with ADHD, ASD and Language delays all over the world and has been proven to work!

Duration: 15 weeks

Cygnnet

Cygnnet is a parenting support programme for parents and carers of children aged 10+ with an autistic spectrum condition. Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Cygnnet-

- Will increase your knowledge of Autism,
- Help you understand your child's perspective on the world
- Help you develop a toolkit of strategies
- Signpost you to local agencies that will help support you and your child
- Provide you with an opportunity to meet other parents and create supportive networks

Duration: 7 weeks





Co-parenting is a challenge whether you are parents living together or parents who are separated. In Sheffield we recognise this and have the following programmes you can access to support.

Family Transitions

This is a parallel programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating parenting. It gives parents ways to limit the negative effects on child development by promoting parenting and family processes that contribute to family adjustment after separation. It focuses on skills to resolve conflicts and cope positively with stress.

Duration: 6 weeks

EPEC - Being a Parent Together

This programme is specifically for parents and carers who are concerned about disagreements, quarrels and unresolved difficulties in their relationship that is affecting their parenting. This conflict may at times put the couple's relationship at risk of separation and breakdown. It aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together course creates a trusting group ethos, where parents are encouraged and supported.

Duration: 10 weeks

EPEC - Being a Parent Together Workshop

This workshop is for co-parenting couples to attend together who are either living together or apart. This is an opportunity to reflect on what is working well in the family, putting the children's needs first and what areas could be further developed or changed. The workshop aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together workshop creates a trusting group ethos, where parents are encouraged and supported.

There are three workshops available:

- Good enough parenting, working as a team and managing conflict
- Understanding children's feelings and behaviours
- Communication styles and I statements

Duration: 2 hours, 15 mins





Seminars

To book on a seminar, please visit our Eventbrite Page:
<http://bit.ly/SheffParentHub> and select the correct session.



Discussion Groups

To book on a Discussion Group, please visit our Eventbrite Page:
<http://bit.ly/SheffParentHub> and select the correct session.



Group Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on **0114 2057243** or sheffieldparenting@sheffield.gov.uk

Tips and information from Sheffield Family Hubs and Sheffield Parent Hub will be shared on our social media pages:



@SheffieldFamilyHubs



@SheffFamilyHubs



@SheffieldFamilyHubs



Sheffield Family Hubs



1-12 Triple P	Mon 22 nd Jan 24 – Mon 1 st April 24 12.15pm – 2.30pm Online
	Weds 24 th Jan 24 – Weds 27 th March 24 9.30am – 11.45am First Start Family Hub
Baby & Us (EPEC)	Mon 15 th Jan 24 – Mon 18 th March 24 10.00am – 12.15pm Meadow Family Hub
	Tues 16 th Jan 24 – Tues 19 th March 24 10.30am – 12.30pm Crystal Peaks Library
	Thurs 18 th Jan 24 – Thurs 14 th March 24 10.30am – 12.30pm Darnall Family Hub
	Weds 7 th Feb 24 – Weds 3 rd April 24 12.30pm – 2.30pm Valley Park Family Hub
	Mon 19 th Feb 24 – Mon 15 th April 24 10.00am – 12.00pm Shortbrook Family Hub
	Weds 21 st Feb 24 – Weds 1 st May 24 12.15pm – 2.30pm High Green Development Trust, The Campus
	Tues 5 th March 24 – Tues 14 th May 24 12.30pm – 2.30pm Primrose Family Hub
Being a Parent (EPEC)	Weds 17 th Jan 24 – Weds 13 th March 24 12.30pm – 2.30pm Online
	Fri 12 th Jan 24 – Fri 8 th March 24 9.30am – 11.30am Arbourthorne School
Being a Parent ASD (EPEC)	Thurs 11 th Jan 24 – Thurs 21 st March 24 9.30am -11.45pm Online
	Tues 16 th Jan 24 – Tues 26 th March 24 6.00pm – 8.15pm Online
	Tues 16 th Jan 24 – Tues 26 th March 24 9.45am – 12.00pm Zest Hub
Being a Parent Together (EPEC)	Thurs 18 th Jan 24 – Thurs 21 st March 24 10.00am – 12.15pm Online
Cygnet	Thurs 18 th Jan 24 – Thurs 28 th March 24 10.00am – 12.00pm Online
	Weds 21 st Feb 24 – Weds 8 th May 24 9.30am – 12.30pm Old Sharrow Junior School
Fear-Less – Triple P	Weds 10 th Jan 24 – Weds 14 th Feb 24 6.00pm – 8.15pm Online
	Thurs 11 th Jan 24 – Thurs 15 th Feb 24 9.30am – 11.45am Bents Green School

	Mon 19 th Feb 24 – Mon 25 th March 24 10.00am – 12.15pm Online
	Tues 20 th Feb 24 – Tues 26 th March 24 9.00am – 11.15am Abbey Lane Primary School
Incredible Toddler	Tues 16 th Jan 24 – Tues 23 rd April 24 10.00am – 12.00pm Online
	Thurs 18 th Jan 24 – Thurs 25 th April 24 12.30pm – 2.30pm Online
Incredible Years 3-8	Tues 20 th Feb 24 – Tues 25 th June 24 9.45am – 12.00pm Old Sharrow Junior School
Incredible Years ASD	Fri 2 nd Feb 24 – Fri 21 st June 24 10.00am – 12.00pm Online
	Weds 28 th Feb 24 – Weds 26 th June 24 10.00am – 12.00pm Zest Hub
Living with Teenagers (EPEC)	Tues 23 rd Jan 24 – Tues 26 th March 24 10.00am – 12.15pm Online
Stepping Stones Plus	Mon 8 th Jan 24 – Mon 18 th March 24 10.00am – 12.15pm Online
	Thurs 25 th Jan 24 – Thurs 28 th March 24 10.00am – 12.15pm Sheffield ADHD Project, Scotia Works
	Tues 6 th Feb 24 – Tues 23 rd April 24 5.30pm – 7.30pm Online
Teen Triple P Plus	Mon 22 nd Jan 24 – Mon 25 th March 24 6.00pm – 8.00pm Online
	Weds 24 th Jan 24 – Weds 27 th March 24 10.00am – 12.15pm Burton Street Foundation
Timid to Tiger	Mon 15 th Jan 24 – Mon 25 th March 24 6.00pm – 8.15pm Online
	Tues 16 th Jan 24 – Tues 26 th March 24 10.00am – 12.15pm Online
Family Transitions	Please email Sheffieldparenting@sheffield.gov.uk for dates/times/venues

*Please note: Due to group size restrictions spaces on face-to-face programmes are limited. Booking or referral to a programme is essential.
All groups are subject to change.*

Discussion Groups & Seminars Calendar

Jan 24	(SEM) Father's Seminar 15 th Jan 24 6.00pm – 7.30pm	(SEM) Time to Sleep 16 th Jan 24 1.00pm – 2.30pm	(DG) Hassle Free Outings 17 th Jan 24 10.00am – 12.00pm	(DG) SEND Workshop 17 th Jan 24 5.30pm – 7.30pm	(SEM) The Power of Positive Parenting 24 th Jan 24 12:30pm – 2:00pm	(SEM) Getting Teenagers Connected 29 th Jan 24 12.30pm – 2.30pm	(DG) Managing Fighting and Aggression 31 st Jan 24 6.00pm – 8.00pm		
Feb 24	(DG) Being a Parent Together Workshop 5 th Feb 24 10.00am – 12.00pm	(DG) Being a Parent Together Workshop 13 th Feb 24 5.30pm – 7.30pm	(DG) Building Teenagers Survival Skills 6 th Feb 24 5.00pm – 7.00pm	(DG) Reducing Family Conflict 8 th Feb 24 1.00pm – 2.30pm	(DG) SEND Workshop 20 th Feb 24 1.00pm – 3.00pm	(SEM) Time to Sleep 21 st Feb 24 5.00pm – 6.30pm	(SEM) Time to Sleep Neurodiverse 22 nd Feb 24 5.30pm – 7.00pm	(SEM) Helping your child reach their potential. 27 th Feb 24 10.00am – 11.30am	
March 24	(SEM) Positive Parenting for Children with Additional Needs 13 th March 24 9.30am – 11.00am	(SEM) Raising Confident, Competent Children 15 th March 24 12.00pm – 1.00pm	(SEM) Time to Sleep Under 5's 20 th March 24 10.00am – 12.00pm	(DG) SEND Workshop 20 th March 24 10.00am – 11.30am	(DG) Dealing with Disobedience 22 nd March 24 10.00am – 12.00pm	(DG) Being a Parent Together Workshop 26 th March 24 5.30pm – 7.30pm	(SEM) Raising Resilient Children 28 th March 24 10.00am – 11.30am		

Discussion Groups and Seminars are currently being delivered online unless otherwise stated above. We are continually updating our Discussion Groups and Seminars. Please visit our Eventbrite page for a full schedule of sessions: <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>