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Parenting Support Offer

London Borough of Sutton
Family Hubs



Parenting Support Offer

We know that being a parent can be both rewarding and challenging, and we all need a helping hand at times.

Knowing where to go and who to turn to can be vital to getting that help early and preventing further escalation. Our parenting programmes are a source of support for all parents and carers and offer an opportunity to share parenting experiences, develop a greater understanding of child development, build positive relationships and learn skills to deal with challenging behaviour.

What support can I get as a parent/carer and what do we offer in Sutton?

- Empowering Parents Empowering Communities(EPEC)
 - Being a Parent
 - Being a Parent Together
- Care for the Family
 - Time out for for Parents Teenage Years
 - Time out for Parents-Children with ASD,
 - Time out for Parents -Children with ADHD



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EPEC: Being a Parent course



What is EPEC

Empowering Parents, Empowering Communities (EPEC) is a proven method of *prevention and early intervention* that helps children and families get the very best start in life.

Parents tell us that the programmes 'work'. They tell us that the *Being a Parent* and the *Being a Parent-Together* parenting courses has helped to improve their family's lives and it has increased their confidence and skills as a parent.

What does EPEC offer?

- The delivery of peer-led parenting courses.
- 8 week course – 2 hours per session.
- For between 8-12 parents.
- Sessions are highly interactive involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.
- Parents practice and use new skills in everyday life to achieve specific goals



Who is it suitable for?

Being a Parent Programme is suitable for any parent/carer with a child 2-11 years of age living in Sutton.

The course aims to improve child development and outcomes, parenting, family resilience and family relationships.



Course content

Information/Coffee Session:

- Welcome, Introductions and crèche settling
- Welcome and Introduction of the facilitators
- Group Introductions
- Exploring parenthood
- Presentation of the course outline
- Questions and answers

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect parent'
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

Session 3: Play

- Child-led play

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour



Course content

Session 5: Understanding Children's Behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts

Session 6: Discipline Strategies

- Understanding what we mean by boundaries
- Time out and saying 'No'
- Household rules

Session 7: Listening

- Communication styles
- Helping a child when upset
- 'Open and Closed' questions
- Reflective listening

Session 8: Review and Support

- Coping with Stress
- Reviewing the course and knowing where to get support
- Ending and celebration



For upcoming courses and sign up details please contact:

Theresa Cameron – Parenting Coordinator

Phone – 07736 338 924

Maja Nielsen-Parenting Support Administrator

Phone- 07821 637721

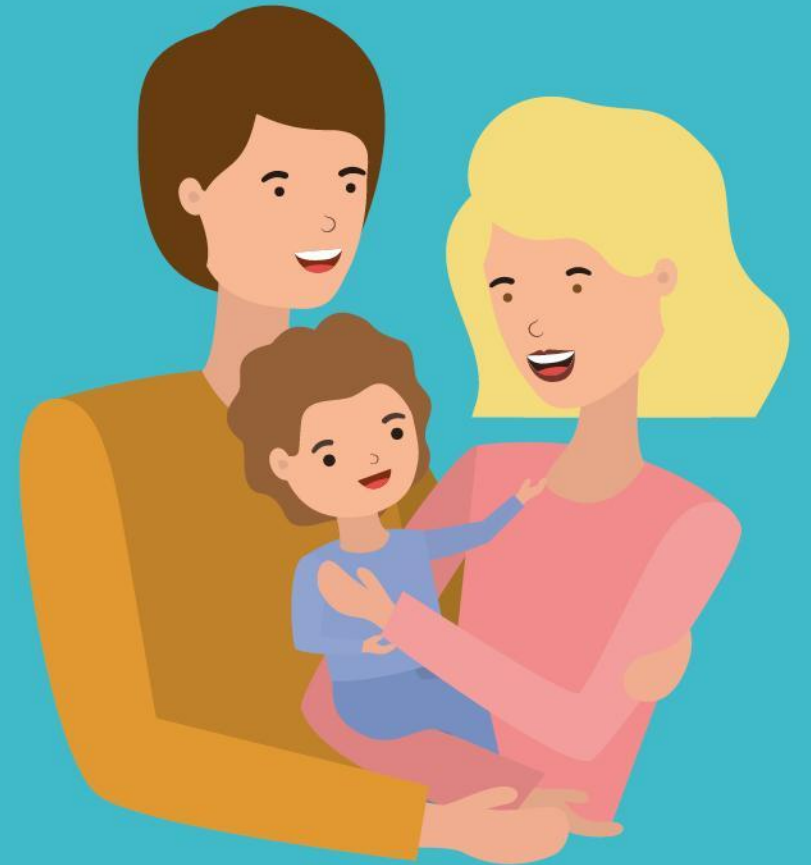
Email – parenting@sutton.gov.uk

[Self-referral link](#)



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EPEC: Being a Parent together



What is EPEC

Empowering Parents, Empowering Communities (EPEC) is a proven method of *prevention and early intervention* that helps children and families get the very best start in life.

Parents tell us that the programmes 'work'. They tell us that the *Being a Parent* and the *Being a Parent-Together* parenting courses has helped to improve their family's lives and it has increased their confidence and skills as a parent.

What does EPEC offer?

- The delivery of peer-led parenting courses.
- 9 week course – 2 hours per session.
- For between 8-12 parents.
- Sessions are highly interactive involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.
- Parents practice and use new skills in everyday life to achieve specific goals



Who is it suitable for?

This course has been adapted for couples and main carers who co-parent their children together.

This course is not a couple intervention. Parents attending the programme may be in a relationship with each other, cohabiting, married or not, or they may have separated and/or divorced.

Being a Parent Together was produced specifically for parents at risk of parental conflict.

By this, we mean parents who are concerned about disagreements, quarrels, and unresolved difficulties in their relationship.

Please note- Being a Parent Together is not suitable for co-parents experiencing long standing, frequent, intense and poorly resolved relationship conflict and/or domestic abuse/violence regardless of whether the parents are together or separated.



Course content

Information/Coffee Session:

- Welcome and crèche settling
- Introductions of parent group leaders
- Group Introductions
- Exploring motherhood, exploring fatherhood
- Presentation of the course outline
- Questions and answers

Session 1: Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'Perfect' parent
- Taking care of ourselves

Session 2: Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Stating the positive

Session 3: Expressing feelings and play

- Expressing feelings
- Child-led play – Special Time

Session 4: Valuing my child

- Avoiding labels and describing behaviour
- Using descriptive praise to change behaviour



Course content

Session 5: Understanding children's behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Teamwork and Household rules

Session 6: Discipline strategies

- Instructions, consequences, rewards and star charts
- Understanding what we mean by boundaries
- Saying 'No' and ignoring

Session 7: Discipline Strategies

- Time out
- Communication
- 'Open and Closed' questions

Session 8: Listening

- Communication styles
- Reflective listening

Session 9: Review and Support

- Coping with stress
- Reviewing the course and knowing where to get support
- Ending and celebration



Upcoming courses and sign up details

Coffee Information Session and Sign up	Course Start Date	Course End Date	Timings	Venue
Thursday 28th April 9.30am-11.30am or 6pm-8pm	Thursday 12th May	Thursday 14th July	6pm-8pm	TBC
15th September 9.30am-11.30am Or 6pm-8pm	Thursday 22nd September	Thursday 24th Nov	6pm-8pm	TBC

For more information contact:

Theresa Cameron – Parenting Coordinator

Phone – 07736 338 924

Maja Nielsen-Parenting Support Administrator

Phone- 07821 637721

Email – parenting@sutton.gov.uk

[Self-referral link](#)



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Care for the Family: Time out for Teens



What is Care for The Family?

Care for the Family is a national charity which aims to promote a strong family life and to help those who face family difficulties.

They have been registered and working to strengthen families since 1988.

The Time Out for Parent courses were developed by Positive Parenting/Care for the Family.

All Time Out for Parents programmes include; group discussions, and practical tasks to help parents build on their strengths and give them a time a space to think about any positive changes they want to make. A helpful and easy handbook is included with each course.



Who is it suitable for?

The Time Out for Parents-The Teenage Years programme is aimed at parents/carers of children aged 11-17 years, wanting general guidance in supporting their child's social, behavioural and emotional needs.

One of the biggest challenges for parents of teenagers is communication. We look at improving it by listening well, using empathy and understanding body language. How we handle conflict is also crucial, choosing your battles, checking out your anger style, and developing negotiating skills.

The course is an 8 session course written by parents and professionals. Each session runs for 2 hours. We hope it will provide an opportunity for families of pre-teens and teenagers to support and encourage each other.



Course content

Session 1: Temperament and emotional needs

- Welcome and introductions
- Group agreement and confidentiality
- Course aims
- The goal of parenting
- Temperament
- Meeting emotional needs
- Love languages

Session 2: Why it's tough being a teenager

- Why it's tough being a teenager
- Supporting our teenagers
- Identity and independence
- Staying connected
- Boosting teenagers self-esteem



Course content

Session 3: Parenting Styles

- Parenting Styles
- Consistency
- Encouraging responsibility
- House rules

Session 5: Handling conflict

- Communicating respectfully
- Conflict
- Negotiation
- Choose your battles
- Consequences

Session 4: Communication

- Communication
- Listening to your teenager
- Understanding body language
- Reflecting back with empathy
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Session 6: The big issues

- Talking about difficult topics
- Message in
- Message out
- Knowing the facts
- Developing positive relationships
- Saying 'no'



Course content

Session 7: Keeping our teenagers safe in the digital age

- Parenting in the digital age
- Understanding the landscape
- Screen time
- Other concerns
- What we can do

Session 8: Building strong families

- Goals behind behaviour
- Family values, traditions and memories



Upcoming courses and sign up details

Course Start Date	Course End Date	Timings	Venue
Wednesday 20th April	Wednesday 15th June	6pm-8pm	The Quad Green Wrythe Lane Carshalton SM5 1JW

For more information contact:

Theresa Cameron – Parenting Coordinator

Phone – 07736 338 924

Maja Nielsen-Parenting Support Administrator

Phone- 07821 637721

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[Self-referral link](#)



Other parenting support

- Playwise-<https://playwise.org.uk/services/#family>
- Sutton Women's Centre-<https://suttonwomenscentre.co.uk/what-we-offer/>
- Sutton Young Carers-<https://www.suttoncarerscentre.org/young-carers-services>
- Sutton Parent Forum-<https://www.suttonparentsforum.org.uk/>
- Cognus-<https://www.cognus.org.uk/services-for-families/cognus-therapies/>
- Bags of Taste-<https://bagsoftaste.org/>
- Sutton Children's Centres-<https://www.sutton.gov.uk/-/children-s-centres-family-support>
- Homestart-<https://homestartsutton.org.uk/get-support/>
- Solihull Parenting-<https://solihullapproachparenting.com/online-course-for-parents-0-19/>
- Family Lives-<https://www.familylives.org.uk/>
- Sutton Men in Sheds-<https://www.daddilife.com/>
- Jigsaw4u-<https://www.jigsaw4u.org.uk/parenting/>

