Parenting Support in Kingston and Richmond

Our vision for good parenting in Kingston and Richmond

Parents are the most important influence on their child’s future. We want to ensure that support is available to all parents in Kingston and Richmond who need it to help them and their children achieve the best possible outcomes; we believe these outcomes will be supported best if all parents in Kingston and Richmond:

- Give their children love and attention
- Keep their children kept safe and healthy
- Ensure their children attend school daily and support their learning
- Teach their children right from wrong and give them clear rules to live by.

Parenting Need levels

- **Universal** – All parents, before any problems may arise
- **Targeted** – Parents needing additional support and guidance through self referral or agency identification and referral, focus on spotting early signs of problems and working to prevent them taking hold.
- **Specialist**: Parents who are vulnerable and/or who have children with complex behaviour problems
What we offer:

Ages 0 to 5

**Positive Start (Universal)**

A 5 week parenting course for parents of children under 5

This programme was devised by our Family Support Team and gives parents information on Parental Well being, Positive Parenting, Child Development and behaviour. There is input from our Early Years team with information around the importance of learning through play and parental engagement and interaction.

Introduction to parenting strategies, sessions include Child Development, learning through Play, Behaviour and Parental wellbeing.

**Incredible Years (Targeted)**

Incredible Years is a well researched parenting programme founded on social learning theory. It aims to identify, intervene, and support families of young children, with behavioural difficulties and promotes parental engagement with children. Methods include role play, DVD segments, modelling, group discussion and homework for parents to try at home the techniques learnt. Practical support is an important element of each group. Incredible Years promotes positive parenting, improves parent-child relationships, reduces critical and physical discipline, increases the use of positive strategies, help parents to identify social learning theory, principles for managing behaviour, improves home school relationships, promotes child directed play and language through play, increases parent and child self confidence, promotes praise and encouragement, establishes clear and predictable routines, positive discipline and effective limit setting and managing difficult behaviour.

Target Group – Group for parents of children of 3-8 years

Delivery – 12-14 weeks, 2 hour sessions

Aims:

- To strengthen parenting skills in managing challenging behaviours and promoting positive interactions between parent and child
- Increase Parents confidence in promoting children's social, emotional, physical and learning development

Group Size – 8 – 15

Homework – Yes

Age range ideally 3-8 years. Facilitated by Educational Psychology Service – 14 week course for parents of children presenting with Challenging behaviour – particularly oppositional and aggressive at home.
Ages 5 to 12 years

Family Links (Universal)

10 week course – also known as the Parenting Puzzle or Nurturing Programme.

Family Links – Nurturing Programme

The Nurturing Programme provides simple, effective tools to help adults and children

- understand and manage feelings and behaviour
- improve relationships at home and in school
- improve emotional health and wellbeing
- develop self-confidence and self-esteem; crucial ingredients for effective parenting and learning

Adults are given tips on how to

- build on pre-existing parenting skills
- use positive behaviour management, communication and relationship strategies
- look after their own emotional needs, so they can parent more effectively

The Nurturing Programme is a Universal Programme that

- increases the well-being of all families
- is an effective vehicle for change in vulnerable ones
- uses ideas and products developed specifically for the UK

Group size – 10-12 parents

Delivery – 10 weeks, 2 hour sessions

Triple P (Positive Parenting Programme) (Targeted)

A 7 week parenting programme for parents of children aged 5-12 years

Triple P helps you understand the way your family works, and uses the things you already think, feel and say and do in new ways that nurture relationships, parenting skills and confidence, as well as supporting your wellbeing.

Triple P helps you:
- Create a stable, supportive, harmonious family environment.
- Teach your children the skills they need to get along with others.
- Deal positively, consistently and decisively with problem behaviour should it arise.
- Encourage behaviour you like.
- Develop realistic expectations of your children and yourself.
- Take care of yourself as a parent.
Ages 12+

**Triple P Teen (Targeted)**

Teen Triple P is a brief group parenting programme with a focus on helping parents with concerns about their child’s behaviour by attending an intensive training in positive parenting to manage their child’s transition into early adolescence. Groups run over a period of 8 weeks and are focused on children’s behaviour, with a strong emphasis on developing positive attitudes, skills and behaviour. DVD segments are used to demonstrate positive parenting skills. These skills are then practices in small groups. Parents receive constructive feedback about their use of skills in an emotionally supportive context. Between sessions, parents complete homework tasks to consolidate their learning from the group sessions. There are also 2 phone sessions where parents are supported via phone while they implement the methods at home. Key elements of the programme are; coaching your child to problem solve, active listening, quality time and looking after yourself.

The programme is suitable for parents who are motivated about improving their parenting skills and those who have an above basic level of literacy and numeracy skills (or have access to literacy and numeracy support in and outside of the group) to enable them to complete tasks in the group and at home and to enable them to fully benefit from the program.

Group size: 10 – 12 parents of 12-16 year olds.

Delivery: 8 weeks, 4 x 2hourly group sessions, 2 x telephone sessions. 1 x initial and 1 x follow up group session.

Aims:

- Improve parent’s relationships with their teenager
- Reduce problem behaviour
- Help teenagers minimise or avoid risky situations with peers
Positive Parenting – Time Out for Teenagers (Universal)

A 6 week programme for parents of adolescents

Six sessions designed to help parents stay connected with their child through understanding their world and developing good communication skills.

Sharing ideas with other parents is a key part of the course, case studies and real life scenarios are used to help ground the material. Each session includes space to plan any changes parents may want to make in their parenting, and from session 2 there will be an opportunity to discuss how they are getting on with putting this into practice at home.

Looking at the change from childhood to adolescence and what parents hope to gain from the course. It is explored how parents can meet their child’s emotional needs, taking into account their temperament and their ‘love languages’.

Stepping into their teenager’s shoes and thinking how they can help with the many changes they’re experiencing is next: the challenge is to stay connected! Parents consider their parenting style, its effect on their teenager, and learn about the power of a consistent approach. Encouraging responsibility and negotiating house rules are part of the programme too!

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 negotiation skills.

The final session helps us look at how we unwittingly contribute to negative behaviour by our responses. We also consider the values we want to pass on to our kids and how to build good,

Group size: 8-12 parents

Delivery: 6 weeks, 2 hour sessions
Specialist Parenting

**ADHD Parenting group**

1,2,3 Magic Behaviour Management course for Parents– 4 week course planned for Spring and Summer Term in Richmond and Kingston whilst discussions and plans are finalised regarding providing a specialist course for parents of children with ADHD.

**Cygnets**

An 8 week programme for 2 hours per week for parents of children aged 8 to 16 years with Autism. Cygnet combines practice strategies and support for parents specifically around Autism. The course will look at various aspects of parenting which will include developing parents' confidence in managing their child's behaviour, Anger management for both parents and young people, improving parental self esteem, understanding sensory needs, implementing boundaries and learning ways to problem solve with your young person.

Sessions include topics:
- Communication
- Sensory issues
- Understanding and managing behaviour

**Early Bird Plus**

EarlyBird Plus is for parents whose child has received a later diagnosis of an autism spectrum disorder (ASD) and is aged 4-8 and in Early Years or Key Stage One provision.

The programme addresses the needs of both home and school settings by training parents/carer together with a professional who is working regularly with their child, the aim being that a child will be given consistent support. We work to build both parents' and professionals' confidence and encourage them to problem solve together.

Richmond Early Bird Plus for parents of children school age 4 years to 8 years with ASD – parents should contact Tom Connor on 0208 487 5464 or email tom.connor@achievingforchildren.org.uk they will then need to attend an information session prior to starting the course.
Referrals

Referrals can be made by professionals using the Parenting referral form and sending by email to Karen.williams@achievingforchildren.org.uk or parents can contact Karen Williams directly on 0208 547 6965 or by emailing Karen.williams@achievingforchildren.org.uk

We aim to rotate the offer of courses within all the localities – parents can access any courses regardless of the locality that they live in.

Once a referral has been made – contact will be made with the parent by phone and text, and/ or send a letter offering a place on a specific course. Parents are asked to confirm their attendance. Arrangements can be made for translators if required as long as the parent is committed to attending the course.

Where possible crèches are offered alongside the parenting group but this depends on the location of the course and the target age group – we do not offer crèches for courses for parents of teenagers.

Staff who currently support the delivery of group parenting courses are from the Early Help teams, Children’s Centre staff, Youth Services, Voluntary agencies such as Young Carers and Homestart, School staff and some Children’s Social care staff.