

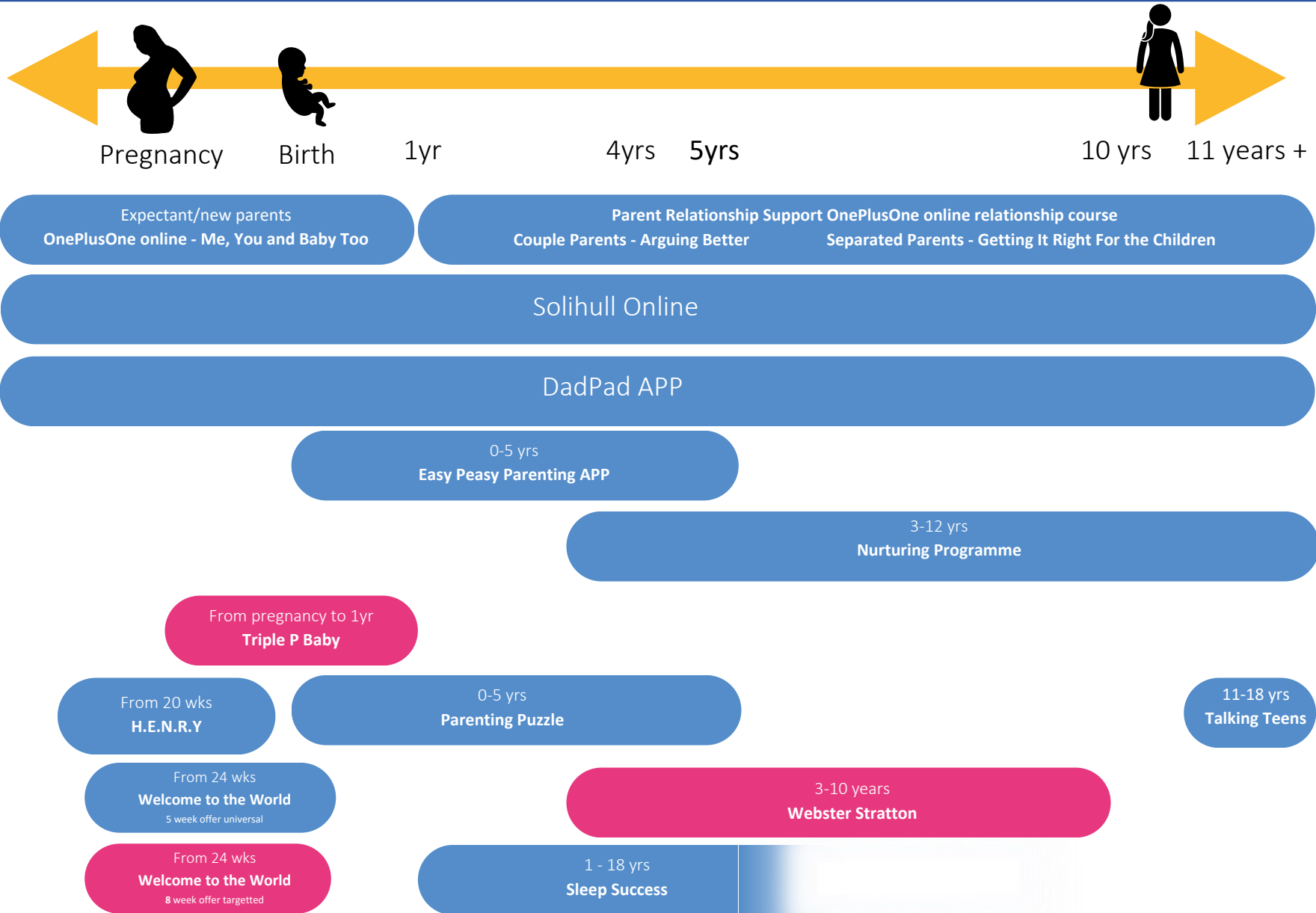


What parent education programmes are on offer in Barnsley?

Through the Family Hubs, parents can access a range of programmes and activities to support all their parenting needs. This quick look guide will give you, as the professional, an overview of what is on offer.

Universal

Targeted



Programmes for Parents

Universal services



Welcome to the World

24 weeks of pregnancy to newborn (12 weeks)

The Welcome to the World programme is an 5-week group for new and expectant parents. Topics include empathy and loving attentiveness, infant brain development, healthy eating choices, breast-feeding, infant care, managing stress and difficult feelings, promoting self-esteem and confidence, and the couple relationship. **Parents can book direct through the Virtual Family Hub.**



Sleep Success

For parents of children aged 1-18 years

Sleep Success is a 5-week group programme that will help parents understand their children's or teenagers' sleep patterns and offer practical advice to support a better night's sleep. **Parents can book direct through the Virtual Family Hub.**



Nurturing Programme

3-12 years

The Nurturing Programme is a 10-week group course to help parents understand why their children behave as they do and explore positive approaches to limit setting, praise and discipline. Topics include how to develop co-operation in children and also how parents can look after themselves. **Parents can book direct through the Virtual Family Hub.**



Talking Teens

11-18 years

Talking Teens is a 4-week group programme that helps parents deal with the challenges that raising teenagers can bring. Topics include understanding what role they play in their teenager's life, how to improve communication and how to manage conflict with their teenager. **Parents can book direct through the Virtual Family Hub.**

Targeted services



Triple P for Baby

Pregnancy to 12 months

Triple P for Baby is an 8-week programme for new parents that 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. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours. It includes both group and 1:1 delivery. **Referral from a professional needed.**



Webster Stratton

3-10 years

Webster Stratton is an intensive 14-week targeted group programme for parents whose children are on the ASDAT/ADHD referral pathway or intend to complete a referral in the very near future. Topics include helping parents to understand how to use praise and incentives to encourage co-operative behaviour and how to support and strengthen their child's social skills. Parents must attend at least 12 out of the 14 sessions to complete the programme. **Referral from a professional needed.**

Coming soon....



Coming in Spring 2024...H.E.N.R.Y Preparation for Parenthood

20 weeks of pregnancy to birth

Preparation for Parenthood is a 6-week group antenatal programme helping new parents prepare for the arrival of their baby. Topics include how to create a healthy womb and home environment, how to care for the baby's emotional and social needs and practical ways to care for baby.



Coming in Spring 2024... Parenting Puzzle

0-5 years

Parenting Puzzle is a 4-week group programme helping parents to feel more confident and have greater understanding of their children's feelings and needs and how their children communicate these.

Online Offer

Courses



Solihull online - Support for Parents

Parents, families and teenagers

There are a range of courses covering anything from antenatal topics through to understanding trauma and relationships. These are self-directed courses.



OnePlusOne - Relationship Support

Parents or any person in a caregiver role

There are 3 courses available to parents/carers which give guidance on how to strengthen the parent-parent relationship for the wellbeing of the child. The courses help parents to handle stress and communicate effectively with their partner or co-parent.

Me, You and Baby Too - For expectant/new parents

Arguing Better - For parents in a relationship

Getting it Right for the Children - for separated or divorced parents

**To find out more information or to book,
visit the Barnsley Virtual Family Hub**

