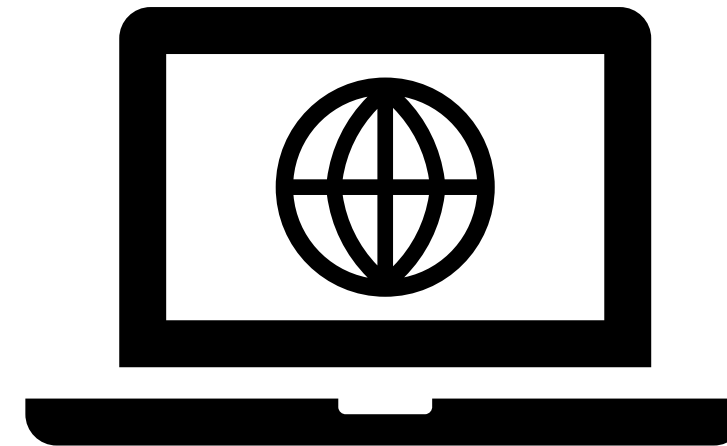
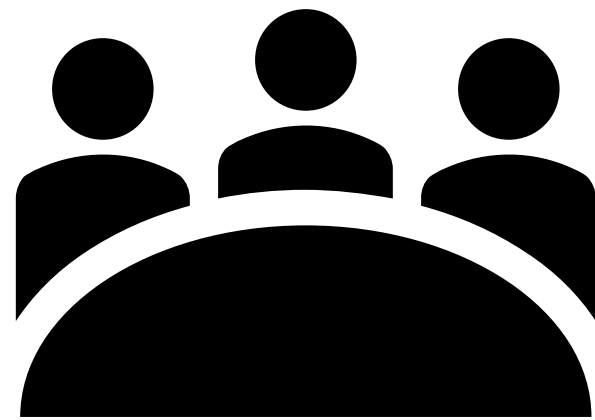


Welcome – the meeting will  
begin at 1pm.

# Parent Education Programmes in Barnsley






# How is parent support accessed?



# Welcome to the World








# What is Welcome to the World

-  Welcome to the world is a five-week (Universal Offer) programme for parents who are expecting a baby
-  The programme will also be available for eight weeks (Targeted Offer) for young parents and vulnerable families in the future
-  Parents attend the group from approx. 24 weeks of pregnancy to 12 weeks PP. Parents can attend with a birth partner.



## Key topics for the session

-  Understanding your baby - a baby's brain development
-  Your future as parents and as a family
-  Your roots, traditions, hopes and fears for the future
-  Breastfeeding and the practical tasks for a new baby
-  The need to nurture ourselves





# Sleep Success



## What is Sleep Success?

- ✓ Sleep Success is a five-week (Universal Offer) programme for parents who have children aged 12 months+ to 18 years of age.
- ✓ Sleep Success will help parents understand their children's sleep patterns and offer practical advice to support a better night's sleep



## Key topics for the session

- ✓ Understand your child's sleep cycles
- ✓ Explore common sleep issues and strategies to manage these
- ✓ Help to establish appropriate routines and optimum sleep environments
- ✓ Understand how to keep sleep diaries





# Nurturing Programme








# What is the Nurturing Programme?

- ✓ The Nurturing Programme is a ten-week (Universal Offer) programme for parents who have children aged 3-12
- ✓ A tried and tested programme, it helps parents think about what they and their children do, why they do it and how it makes them feel.



## Key topics for the session

-  Understand why children behave as they do
-  Recognise the feelings behind behaviour (theirs and ours)
-  Explore different approaches to discipline
-  Find ways to develop co-operation and self-discipline in children
-  Learn the importance of looking after ourselves






# Talking Teens





## What is Talking Teens?

-  Talking Teens is a four-week (Universal Offer) programme for parents who have children aged 11 and above
-  Talking Teens helps parents deal with the challenges that raising teenagers can bring
-  Help the whole family handle stressful situations in a calmer way leading to a happier family life



## Key topics for the session

- ✓ Understand what role you can play in your teenager's life
- ✓ Explore how to offer praise and criticism in a positive way
- ✓ Help to effectively communicate with your teenager
- ✓ Understand how to manage conflict with your teenager



# Webster Stratton







## What is Webster Stratton?

- ✓ The Webster Stratton Programme is a fourteen-week programme for parents who have children aged 3-10
- ✓ It is a targeted programme for parents whose children are on the ASDAT/ADHD referral pathway or intend to complete a referral in the very near future
- ✓ Professionals can use the existing 'Parenting Support' referral form and send the [parentsupport@barnsley.gov.uk](mailto:parentsupport@barnsley.gov.uk)





## Key topics for the session

-  Understand how to use praise and incentives to encourage co-operative behaviour
-  Recognise how to use positive discipline – rules, routines and effective limit setting
-  Learn how to support and strengthen your child's social skills
-  Learn strategies to handle misbehaviour



Coming soon...  
H.E.N.R.Y.  
Preparation for  
Parenthood



# What is HENRY – Preparation for Parenthood?

- ✓ The Preparation for Parenthood Programme is an six-week programme for parents from 20 weeks of pregnancy to birth (universal resource)
- ✓ It helps families give a healthy start in life to babies and young children
- ✓ Offers practical and evidence-based information to support and prepare parents for parenthood.



## Key topics for the session

- ✓ Understand the growth and development of the baby in the womb and the importance of looking after ourselves.
- ✓ Recognise how to create a healthy womb environment for the baby – discuss smoking, stress, alcohol etc.
- ✓ Learn how to respond to baby's emotional and social needs and how to create a healthy home environment
- ✓ Understand what to expect from birth and life with a new baby





# Coming soon...

# Parenting Puzzle







## What is Parenting Puzzle?

- ✓ The Parenting Puzzle Programme is a four-week programme for parents from 0-5 years (universal resource)
- ✓ It helps parents feel more confident and have a greater understanding of their child's feelings and needs and their children communicate these. Supports child development and school readiness.



## Key topics for the session

-  Understand your child's behaviour
-  Explore how to set appropriate boundaries
-  Learn the power of play and positive moments
-  Learn strategies to handle stress and conflict





# Coming soon...

# Triple P for Baby





## What is Triple P for Baby?

- ✓ The Triple P for Baby Programme is a targeted course.
- ✓ It 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.



## Key topics for the session

- ✓ An introduction to positive parenting as an approach to raising infants
- ✓ Helps parents respond to their baby and understand their behaviours
- ✓ Explore the changes new parents may experience
- ✓ Learn strategies to communicate effectively and strengthen relationships



## Parenting APPs



To find out more information or book a place,  
contact your local Family Hubs



0800 0345 340



[infoFIS@barnsley.gov.uk](mailto:infoFIS@barnsley.gov.uk)



[@barnsleyfamilyhubs](https://www.facebook.com/barnsleyfamilyhubs)



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Any questions?

