

EARLY HELP INTERACTIVE ONLINE PARENTING OFFER

Early Help now having the following interactive online parenting sessions and Tip sheets available to families open to Early Help Lead Professionals or Social Work Lead professionals.

Interactive parenting sessions:



1. How to support children's emotional well-being
2. How to have fun with children
3. How to improve relationships within the family
4. How to create routines and boundaries
5. How to reduce parental conflict between parents and co parents



Further information:

How to support your children's emotional well-being

This online interactive session will support parents to identify and manage feelings in both themselves and their children. **The session consists of 3 x 30 minute sessions**

How to have fun with your children

This session will explore ways of engaging and interacting with children to identify any emotional triggers through play. The session will also support parents to look at how they were parented. **The session consists of 2 x 30 minute sessions**

How to improve your relationships with others within the family

This session will explore how families communicate. The session looks at the challenges faced by parents at times of stress and extra pressures and how they can influence changes in relationships with their children.

The session consists of 2 x 30 minute sessions

How to create a routine and boundaries using rewards and consequences

This session will support parents to develop the skills to implement routines and boundaries within the home. The sessions will allow parents to share strategies they have utilised before; what has worked and what has not worked and identify and set goals for change.

The session consists of 3 x 30 minute sessions

Reducing Parental conflict

This session will give parents (whether together or apart) the opportunity to look at their relationship and how it affects children.

The session consists of 3 x 30 minute sessions



DATE: MAY 2020	Monday 11th	Wednesday 13th	Friday 15th	Monday 18th	Wednesday 20th	Friday 22nd	Wednesday 27th	Friday 29th
11.00am session	Emotional well-being Session 1	Emotional well-being Session 2	Emotional well-being Session 3	RPC Session 1	RPC Session 2	RPC Session 3	Having Fun Session 1	Having Fun Session 2
2.00pm session			Routines and boundaries Session 1	Routines and boundaries Session 2	Routines and boundaries Session 3		Relationships Session 1	Relationships Session 2

For Social Workers– please access the early help group work programmes in the usual way through Mosaic, by sending a request to the Multi Agency Early Help Hub from the Childs Plan, or Step Down Plan. For Early Help workers please send the request to the Group Work Team (in the usual way) – please detail that you would like an 'interactive parent session and the title of the session required'. For any support or advice on securing parents a place on the new interactive programmes, or for workers working in other services please contact the Early Help Hub 0300 555 2866 option 1