

Parenting Guide | East Sussex

What's On – Jan, Feb, March 2023



Introduction

Another new year and a fresh new start for us all. How is your child settling into their new term? What resolutions have you set yourself as a parent this year? Maybe you would like help with mealtimes or setting better bedtime routines?

Whether it is support with screentime squabbles, getting your child to listen to you, building your teens survival skills and resilience or managing anxiety that you could use some tips on, the Parenting Team has got you covered!

We are here to support you with our variety of online courses, each with specific tips on how you can deal with the most common behaviour problems; and best of all, these evidence-based methods have already been successful in supporting families worldwide through times of crisis. So, you don't have to do it alone; we'll get through this together. Parents and carers can access as much or as little as they like, and **just small changes will make a big difference!**

The Parenting Team use Microsoft Teams which is free to download and accessible from phones, tablets, and laptops! Just simply choose the support you would like to access, email with which course you would like to attend to

EH.0-19parentingteam@eastsussex.gov.uk

Once you have joined the discussion you can choose to have your microphone and camera either on or off (whichever you are more comfortable with), but we do encourage you to try some face to face with the other parents as the more you engage, the more supported and confident you will feel!

“The best inheritance a parent can give his children is a few minutes of his time each day.”

What We Offer

ONLINE Webinars (all ages)

Most of the time parenting is great fun, you know you are doing a good job; but there are times when things get a little tricky.

Like when your toddler won't eat her dinner; or your six-year-old won't pick up his toys? Maybe your child never seems to listen? Sound like your life? If only someone could give you some ideas to make those times easier!

We can, so come along and join us!

Each webinar lasts between 1 to 2 hours, you'll watch short video clips showing other parents successfully dealing with the same issues and you'll be encouraged to share your thoughts with the other parents in the group, if you wish to. You'll also be given a workbook with simple exercises and information to help you try your new strategies at home.



What We Offer

ONLINE Positive Parenting Groups (all ages)

Courses take place over 8 weekly sessions

From the very start of your chosen course you will get tips and suggestions to fit the needs of your family. Your workbook will give you tools and information to start positive parenting right away at home. All parenting groups consists of 8 group sessions, with other parents, in weekly 2-hour webinars, together with phone advice and support from your Parenting Coach. There is a group for every age and every ability and every parent will leave with a personalised parenting plan. Evidence shows that parents completing these courses show significant improvements in their stress and anxiety levels, also an improvement in their confidence and capabilities as a parent.

Email: EH.0-19parentingteam@eastsussex.gov.uk for more information



Let's Book You In! WEBINARS

The Power of Positive Parenting (2-8 years) 90 minutes

This seminar is perfect for new parents, or those who need a refresh!

It introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are: -

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent



Wednesday 4th January 10-11:30am

Friday 3rd February 10-11:30am

Thursday 2nd March 12:30-1pm

Monday 20th March 10-11:30am



Let's Book You In! WEBINARS

12 PHRASES TO CALM AN ANXIOUS CHILD

gozen.com

We are an unstoppable team.



I know this is hard.



Let's learn more about it.



Let's pretend we're blowing up a giant balloon.



Let's pull out our calm-down checklist.

Tell me about it.



I love you.



You are safe.

Let's list all of the people you love.



How can I help?



You are not alone in how you feel.



Can you draw it?



Help me move this wall.



Managing Anxiety and Raising Resilient Children (2-12 years) 90 minutes

This session is for parents who want to develop their child's understanding of feelings, and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

Tuesday 10th January 1:00-2:30pm

Friday 10th February 1:00-2:30pm

Monday 13th March 10-11:30am



Let's Book You In! **WEBINARS**

Raising Confident and Independent Children (2-12 years) 90minutes

In this interesting seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are: -

- showing respect to others
- being considerate
- having good communication and social skills
- having healthy self-esteem
- being a good problem solver
- becoming independent



Friday 6th January 11-12:30pm Monday 30th January 10-11:30am

Friday 3rd March 10-11:30am

Turning Problem Behaviour into Positive Behaviour

(children with Additional Needs) 90 minutes

This fantastic session discusses common behaviour problems such as hitting, shouting, and refusing to follow instructions. Gain skills in how to encourage appropriate behaviour and create your own useful parenting plan to make some positive changes at home!



Thursday 12th January 12-1:30pm

Friday 10th February 10-11:30am

Wednesday 15th March 1:00-2:30pm

Let's Book You In! **WEBINARS**

Helping Your Child to Reach Their Full Potential

(Children with Additional Needs) 90 minutes

This session can help parents to improve their child's confidence and social skills. By learning how to teach your child new skills and encouraging progress and efforts, your child will be more able to reach their full potential – a common concern amongst parents of children with additional needs.

Thursday 19th January 12-1:30pm

Friday 24th February 10-11:30am



Let's Book You In! **WEBINARS**

Dealing with Disobedience (Getting Your child to Listen) (2-12 years) 2 hours

You say it once...twice...three times...maybe even more! As you get more annoyed you get louder, then, before you know it, you're yelling! Only then do your kids finally follow your instruction, reluctantly doing as they are told. Or maybe your toddler or child starts yelling back! If you're wondering how to get your kids to listen without yelling, it helps to start to understand what could be making them behave this way.

All children misbehave at times, and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word *No*

Thursday 5th January 10-12:00pm

Monday 6th February 12:00-2pm

Tuesday 28th February 6:30-8:30pm

Tuesday 28th March 12:00-2pm



Let's Book You In! **WEBINARS**

Managing Fighting and Aggression (2-12 years) 2 hours

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Monday 16th January 10-12:00pm

Tuesday 7th February 6:30-8:30pm

Monday 27th February 10-12:00pm

Tuesday 21st March 12:30-2:30pm



Getting your Child into Bed (and staying there for the night!) (2-12 years)

Explores common bedtime problems, why they happen and how to prevent them. Includes information around parent traps, creating your own bedtime routines and managing problem behaviour.

Monday 9th January 12-2:00pm

Tuesday 31st January 6:30-8:30pm

Monday 27th February 12-2:00pm

Friday 31st March 10-12:00pm



Let's Book You In! WEBINARS

Challenging Behaviour in Public (Hassle Free Shopping) (2-12 years) 2 hours

This discussion uses shopping trips as an example of one of the most common times parents must deal with difficult behaviour... **in public!**

Positive parenting strategies are discussed as step by-step suggestions for preventing problems, and teaching children how to behave when out and about.

Parents develop personalised plans to manage problem behaviour and are encouraged to use them in potentially difficult community situations.

Friday 13th January 10-12:00pm

Thursday 9th February 12-2:00pm

Wednesday 22nd March 6:30-8:30pm



Let's Book You In! **WEBINARS**

Reducing Family Conflict (10+ years) 2 hours

Increased conflict with children during their teenage years is common but can be upsetting for the whole family.

This discussion group gives some positive parenting suggestions to help teach your teenager how to get along with others in the family, without constant fights and arguments.

Thursday 19th January 6:30-8:30pm

Wednesday 22nd February 10-12:00pm

Friday 24th March 10-12:00pm



Let's Book You In! **WEBINARS**

Building Teenagers Survival Skills for Risky Situations (10+ years) 2 hours

Talking to teenagers about risky situations can be tricky, as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover at their friend's house who you don't know? Do they want to stay at home alone, do they want to hang out in town with their friends? Teenagers need to be able to recognise risky situations, have a plan for coping with these and/or avoid more dangerous situations.

Thursday 19th January 12-2:00pm

Friday 17th February 10-12:00pm

Tuesday 14th March 6:30-8:30pm



Let's Book You In! **WEBINARS**

Getting Teens to Cooperate (10+ years) 2 hours

Teenagers are known to become less cooperative during their transition from child to adult. These changes can cause conflict between the parent and the teen. This session will give strategies on how to teach your teen to be more polite, cooperative and to behave appropriately.

Wednesday 4th January 6:30-8:30pm

Wednesday 8th February 10-12:00pm

Friday 10th March 12-2:00pm



Coping with Teenagers' Emotions (10+ years) 2 hours

The transition from child to adult can often make teenagers highly emotional. Parents may find this upsetting and difficult to manage as it can cause disagreements and frustration for everyone. This session will give ideas on how to develop your teens coping skills and emotional resilience.



Friday 20th January 10-12:00pm

Tuesday 21st February 6:30-8:30pm

Monday 6th March 10-12:00pm

Let's Book You In! **WEBINARS**

Managing Screen Time Struggles (2-10 years) 2 hours

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads and e-readers. Cars are fitted with a Satnav and high-end vehicles have built in DVD players. But how can we manage screen time limits and keep our children safe from online dangers?

Friday 6th January 10-12:00pm

Wednesday 15th February 6:30-8:30pm

Tuesday 7th March 10-12:00pm



Let's Book You In! **WEBINARS**

Managing Screen time Struggles (10+ years) 2 hours

Teenagers use digital technologies for everyday activities like keeping in touch with friends on social media, relaxing and doing schoolwork. Because they're online so much without your supervision, teenagers need to be able to identify acceptable and unacceptable online content independently. They also need to know how to behave respectfully online and avoid online risks.

Friday 13th January 12:30-2:30pm

Thursday 9th February 6:30 – 8:30pm

Friday 17th March 12-2:00pm



Let's Book You In! **new!**

Hassle Free Mealtimes (2-12 years) 2 hours

Mealtimes are ideal opportunities for family members to get together and enjoy one another's company but they can also be difficult and stressful. Parents may feel that mealtimes have become a 'battle' when children do not eat or behave well. This discussion topic explores things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. Parents will look at ways to increase food variety, be introduced to some positive parenting strategies to help manage mealtimes and develop a personal plan for their family's mealtimes.

Wednesday 18th January 10-12:00pm

Monday 20th February 12-2:00pm

Thursday 30th March 6:30-8:30pm



Let's Book You In! **GROUPS**

8 WEEK COURSES

To book onto any of these, please email your name, the title and date of the group you wish to attend to: EH.0-19parentingteam@eastsussex.gov.uk

Or call 01424725800 to discuss options.

Triple P Group Stepping Stones – 8 weeks

(2-10 years) (Children with Additional Needs)

The pressure of raising a child with additional needs can put a strain on family life. Come and meet other parents experiencing similar situations and learn simple strategies that can make life at home a little easier for everyone. This group can help you manage problem behaviour and development issues common in children with a disability or additional needs, diagnosed or undiagnosed. It helps you encourage behaviour you prefer, cope with stress, teach your child new skills and build better family relationships.

Starts Tuesday 10th January 10-12pm



Let's Book You In! **GROUPS**

Triple P Group (2 – 10 years) 8 weeks

The programme offers ideas to help deal with the big and small parenting challenges that are part of family life. Triple P does not tell you how to be a parent but offers a range of strategies for you to choose the ones that fit your family.

Triple P Positive Parenting programmes help you:

- build a positive relationship between you and your child
 - raise happy, confident children and teenagers
 - manage behaviour in a positive way
- set family rules and routines that everyone follows
- get along better with your children or teenagers
 - balance work and family commitments

Starts Wednesday 11th January 6:30-8:30pm



Let's Book You In! **NEW!**

Triple P Group FEAR LESS (**ALL AGES**) – **NEW!** 8 weeks

Fear-Less Triple P is designed for parents (and caregivers) of children with moderate to high levels of anxiety that cause significant distress or negatively impact on their everyday functioning. Fear-Less Triple P has four main goals:

- To help parents set a good example of coping with anxiety
 - To assist parents to coach all their children to become emotionally resilient
- To help parents develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents choose effective ways to respond to their children's anxiety

Starts Wednesday 11th January 12-2pm



Let's Book You In! **NEW!**

STOP (stop teenagers offending) Parenting Programme (10-16) – NEW! 8 weeks

The STOP programme is a step-by-step course for parents with pre-teen or teenagers (10–16-year old's). The course aims to improve family communication through learning how to really listen and de-code what your pre-teen/teenager is really saying or needing. As your pre-teen/teenager is developing and changing, this course will increase your knowledge on effective behaviour management skills which will help you, as a parent, feel in control yet still sensitively respond to your pre-teen/teenagers psychological, physical and emotional needs. The STOP Programme also gives information on key parental concerns for this age group such as drugs, drink, sexual health and aggression in young people. This course is mindful of parents/carers needs and emotions *as well as* the teenagers.

Starts Thursday 12th January 10-12pm



COMING SOON!

New Forest Parenting Programme (3-11 with ADHD) –
NEW! 8 weeks

The New Forest Parenting Programme (NFPP) is for parents with a child between the ages of three and 11 with moderate to severe symptoms of ADHD.

NFPP takes place online and during these sessions, parents are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parents also learn strategies for managing their child's behaviour and attention difficulties.

COMING SOON!



New Forest Parenting Programme

Helping parents to help children with ADHD

Further Information

Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support and advice to help build a positive relationship with your child, we can help.

Check out our website and Facebook page for regular updates on available courses and events. www.openforparents.org.uk and <https://www.facebook.com/OpenforParents>.

Please call the team on 01424 725800 or email: EH.0-19parentingteam@eastsussex.gov.uk for further support.

Kind Regards,

East Sussex Parenting Team

