Countywide Positive Parenting Guide

What's on April/May 2021



Triple P Positive Parenting Program for every parent

NHS

East Sussex County Council

Introduction

Finally, it's spring! Time to spring clean, de-clutter our homes and minds; so a perfect time to think about starting a new parenting plan and or tackle some troublesome behaviours.

Things are looking up and the future for our children is bright, but these are still confusing times. Children may be back at school or nursery and but may feel anxious about more changes. As parents we may still be working from home, or not working at all but there are positive ways to deal with stress and big changes. 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 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 in which course you would like to attend info@openforparents.org.uk and the link to join will be sent to you.

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!

What we offer

Facebook Page and Website

This pandemic has upended family life around the world. School closures, working from home and social isolation – it's a lot to navigate for anyone, but especially for parents. Find handy links to help you manage this new (temporary) normal, including information on how to handle your relationship issues, common parenting problems, health and wellbeing and much more!

www.facebook.com/OpenforParents www.openforparents.org.uk

ONLINE Webinars

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. If only someone could give you some ideas to make those times easier!

Sound like you? Then come along!

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.

Let's book you in!

ONLINE WEBINARS – To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

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

This seminar is perfect for new parents or those who needs 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

Friday 2nd April 10-11:30am **Tuesday 4th May 11-12:30pm**

Supporting Secondary School - 90 minutes (10+ years)

Starting secondary school is a big milestone in a child's life.

It marks the end of being at a small primary school and the start of being in a much bigger school environment, where there are greater expectations on a child or young person to be **independent**.

Gain practical advice on how to support your teen in developing independence and resilience in their new school.

Wednesday 7th April 11-12:30pm **Wednesday 5th May 1-2:30pm**

Let's book you in!

WEBINARS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Tips and Tricks for Successful School Life! 90 minutes (2-8 years)

Often the more supported a child feels at home the better they achieve in school. Come and receive top tips for developing independence, problem solving and communication skills – all of which are essential for having a successful year at primary school.

Friday 9th April 1-2:30pm Thursday 6th May 10:30-12pm

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

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 13th April 12:30-2pm Friday 4th May 11-12:30pm

Let's book you in!

WEBINARS continued

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

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

Thursday 15th April 9:30-11am **Monday 10th May 1-2:30pm**

Turning Problem Behaviour into Positive Behaviour 90 minutes (children with additional needs)

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!

Monday 19th April 12:30-2pm **Tuesday 11th May 1-2:30pm**

Let's book you in!

WEBINARS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Helping Your Child To Reach Their Full Potential 90 minutes (Children with additional needs)

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.

Friday 30th April 12:30-2pm **Wednesday 12th May 12:30-2pm**



Let's book you in!

WEBINARS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

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

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.*

Wednesday 28th April 12-2pm Thursday 13th May 10-12pm

Wednesday 26th May 12-2pm

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

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.

Friday 23rd April 10-12pm Friday 14th May 12:30-2:30pm

Thursday 27th May 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.

Thursday 1st April 6-8pm Tuesday 20th April 1-3pm

Monday 10th May 6:30-8:30pm

Let's book you in!

WEBINARS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

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

This discussion uses shopping trips as an example of one of the most common times parents have to 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.

Wednesday 21st April 6:30-8:30pm Monday 17th May 10:30-12:30pm

Reducing Family Conflict 2 hours (10+ years)

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.

Wednesday 21st April 12:30-2:30pm Tuesday 18th May 12-2pm

Tuesday 27th April 6-8pm

Let's book you in!

WEBINARS continued

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

Many parents become more concerned about their teenager's safety as they become young adults. Parents can often try to restrict their teenager's freedom to keep them safe however this can lead to conflict between parents and teenagers. 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 to their friends' house that 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 or avoid more dangerous situations. Parents can help their teenagers by gradually allowing them more independence to take part in different social events and the tips you will receive in this workshop are very useful for both parents and teenagers.

Thursday 22nd April 12:30-2:30pm **Wednesday 19th May 1-3pm**

Let's book you in!

WEBINARS continued

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Getting Teens to Cooperate 2 hours (10+ years)

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.

Thursday 29th April 12:30-2:30pm **Thursday 20th May 12:30-2:30pm**

Wednesday 26th May 6:30-8:30pm

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

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.

Tuesday 27th April 12:30-2:30pm **Friday 21st May 10:30-12:30pm**

Let's book you in!

E-SAFETY continued

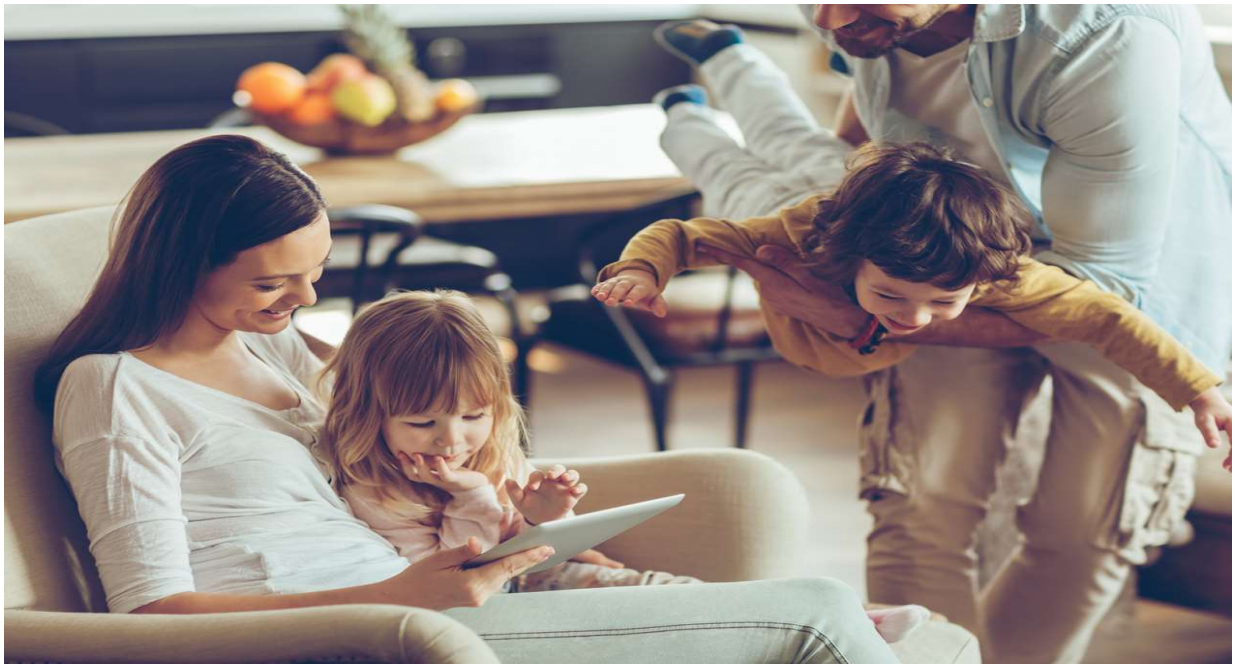
To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

E-Safety 2 hours (2-10 years)

Children are learning more and more about the internet at a young age with 55% 3-4 year olds having access to tablets and the internet. With these rising figures, children are increasingly vulnerable to online dangers. This session will teach you how to talk to your child about E-Safety and gives lots of useful tips and tricks on how to keep them safe online.

Thursday 1st April 12:30-2:30pm **Monday 24th May 12:30-2:30pm**

Thursday 20th May 6:30-8:30pm



Let's book you in!

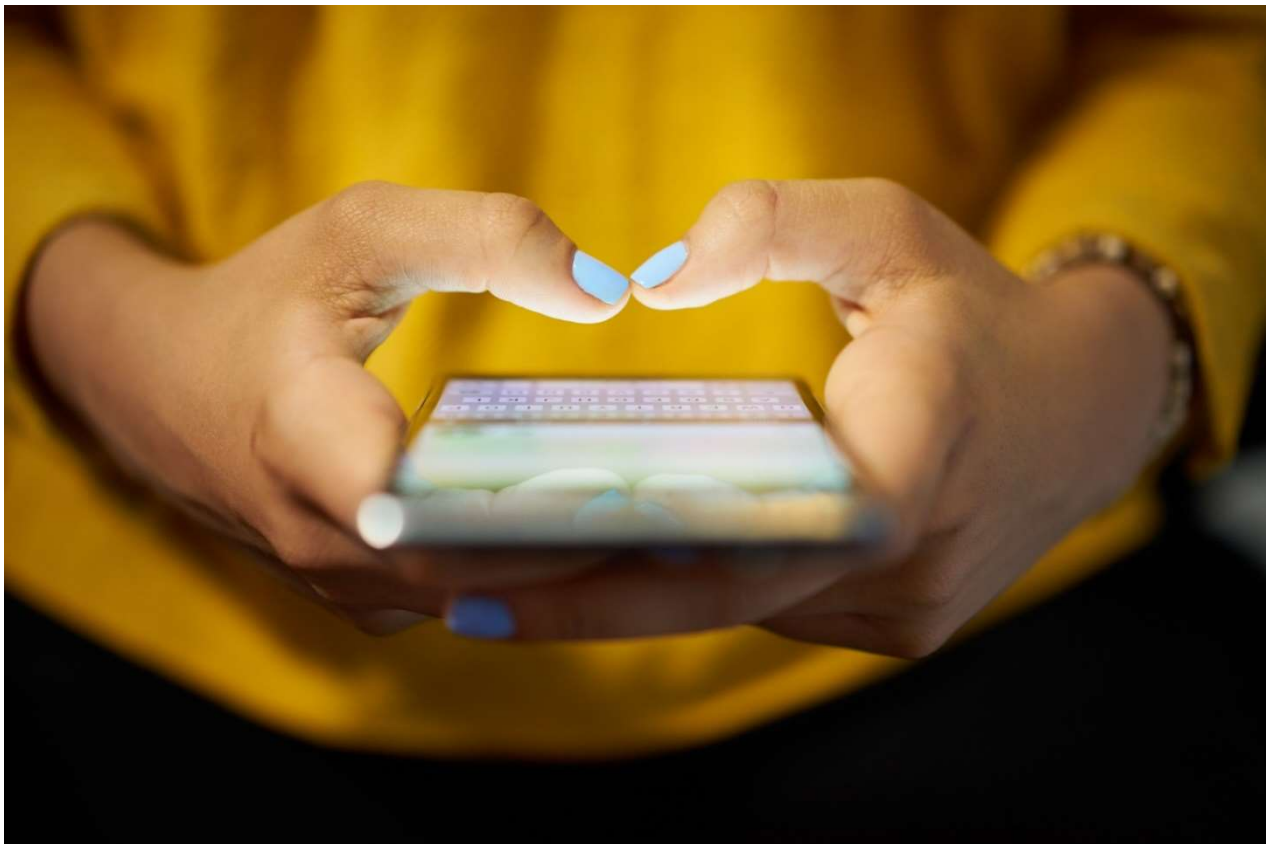
open for parents

E-Safety 2 hours (10+ years)

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.

Monday 26th April 10:30-12:30pm **Tuesday 25th May 12:30-2:30pm**

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



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Open for Parents

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 info@openforparents.org.uk for further support.

Kind Regards

Parenting Team

