

Barnsley Family Hubs Parenting Groups Programme



Introduction

Being a parent doesn't come with a manual. Understanding your children's development and feelings can help you navigate family life in a calm, positive way. Our aspiration is for every child to have the best start in life. Through the Family Hubs and Start for Life offer, we want to make sure that all communities and partners work together to make Barnsley the best place that it can be for children growing up by delivering strong early help support for children, young people and their families. Making sure that people get:

- **the right help**
- **at the right time**
- **in the right place**

This will be achieved through working closely with partners in health, education, targeted support and wider agencies. Through our parenting offer in Barnsley, we will:

- **Support families - from maternity services to school age and beyond**
- **Develop nurturing family environments**
- **Support parents/carers and their family network to feel empowered in their communities to support each other and build capacity to encourage and promote positive parenting.**

What support is available?

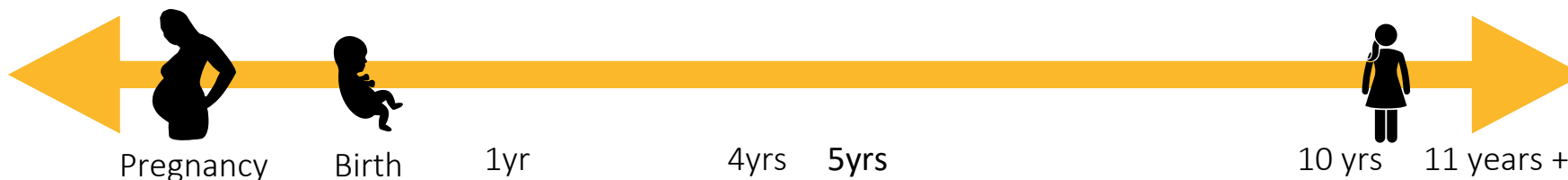
Barnsley provides a wide range of online and face to face programmes to help parents navigate the ups and downs of family life. You'll find out more information about what's on offer in this booklet.

Programmes for parents at a glance.

Universal

Targeted

- What do we mean by 'universal'? These are programmes offering support and advice that can be accessed by any families.
- What do we mean by 'targeted'? When the universal approach is not quite enough. Parents/carers may need a little more support, advice and guidance.



From 24 wks
Welcome to the World

From 24 wks
Prep for Parenthood

From pregnancy to 1yr
Triple P Baby

0-4 yrs
Parenting Puzzle

3-10 yrs
Nurturing Programme

11-18 yrs
Talking Teens

3-10 years
Webster Stratton

ars
Sleep Success

Solihull Online

Programmes

Universal programmes

To book a place on any of these programmes, scan the QR code, pop into your nearest Family Hub or ring Families Information Service on 0800 034 5340



Welcome to the World (2 hours per week for 5 weeks)

Suitable from 24 weeks of pregnancy

Welcome to the World is an antenatal programme for expectant parents from 24 weeks of pregnancy. It can give you the confidence and information you need to prepare for your new arrival. It's the perfect chance to meet other parents who are expecting and understand how your little one develops in the womb and as a newborn and how to encourage bonding with your baby.



Preparation for Parenthood (2 hours per week for 6 weeks)

Suitable from 20 weeks of pregnancy

Preparation for Parenthood is an 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.



Programmes



New You, New Us (2 hours a week for 6 weeks)

Suitable for parents/carers with children aged from birth-6 months

New You, New Us is a friendly group that will share hints and tips to support parents and carers during their first 6 months with their baby. It will help you to understand how babies make sense of the world and what you can do to encourage your baby to explore their new surroundings safely.



Parenting Puzzle (2 hours a week for 4 weeks)

Suitable for parents/carers with children aged 0-4 years

The Parenting Puzzle is a programme helping parents and carers to feel more confident when parenting babies, toddlers and young children. Parents will gain an understanding of their children's development and explore different strategies to support their child's school readiness. It looks at topics such as how to make the most out of child-led play, and helps parents get to grips with age-appropriate boundaries and praise systems.



Programmes



Nurturing Programme (2 hours a week for 10 weeks)

Suitable for parents/carers with children aged 3-10 years

The Nurturing Programme can help parents/carers understand their children's behaviour and explore positive approaches to parenting. Topics include how to develop co-operation in children and also how parents can look after themselves to support with their parenting journey.



Sleep Success (2 hours a week for 5 weeks)

Suitable for parents/carers with children aged 1-18 years

The Sleep Success programme will help parents understand their children's or teenagers' sleep patterns and offer practical advice to support a better night's sleep.



Talking Teens (2 hours a week for 4 weeks)

Suitable for parents/carers with children aged 11-18 years

The Talking Teens programme will help parents deal with the challenges that raising teenagers can bring. Parents will explore what role they play in their teenager's life, how to improve communication and how to manage conflict with their teenager.



Targeted Programmes



Triple P for Baby (8-week programme)

Suitable from pregnancy to 12 months

Triple P for Baby is a programme for new parents that aims to help prepare parents for a positive start to parenthood and in the first year of baby's life. Parents will explore positive strategies to develop the best possible relationship with their baby, encourage their baby's development and help teach their baby new skills and behaviours. It includes both group and 1:1 delivery. Speak to your midwife, health visitor or another professional that you may be working with if you would like to find out more information.



Webster Stratton (2 hours a week for 14 weeks)

Suitable for parents/carers with children aged 3-10 years

Webster Stratton is a programme that looks in detail at why children behave the way they do and explores how parents can use such parenting tools as praise and incentives to encourage co-operative behaviour and support and strengthen their child's social skills. Parents must attend at least 12 out of the 14 sessions to complete the programme. If you would like to find out how to be referred, please speak to your child's school, health professional or another professional you are working with. You can also pop into a Family Hub or ring the family Information Service on 0800 0345 340 for more information.

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



Online Support

Programmes/support

Solihull online - Support for Parents



Suitable for parents from pre-birth to teenage years, wider family members and teenagers

There are a range of free, online programmes covering everything from antenatal information through to understanding your teenager's brain. These are self-directed programmes that parents can work through at their own pace. Find the full list below. Some of the programmes are also available in other languages. You can select your preferred language from the drop down list or auto-translate in any language you want. Use the access code: TOWN SPIRIT

- **Understanding pregnancy, labour, birth and your baby**
- **Understanding your preterm or sick baby**
- **Understanding your baby**
- **Understanding your child from toddler to teenager (6 months – 19 years)**
- **Understanding your child with additional needs**
- **Understanding the impact of the pandemic on your child**
- **Understanding your child's feelings**
- **Understand your child's mental health and wellbeing**
- **Understanding your teenagers brain**
- **Understanding your brain (for teenagers)**
- **Understanding your relationships**
- **Understanding your own trauma**
- **Moving up to primary school**
- **Moving up to secondary school**
- **Moving up to secondary school for children with additional consideration**
- **Talking to your children about starting school**
- **Thinking about smartphones and schools**
- **Parenting a sensitive child and how to ensure a smooth transition to secondary school**

Building Stronger Relationships



All parents can have disagreements from time to time; they're a normal part of life. When a disagreement is managed properly and resolved well, it causes no harm. However, if the arguments are heated and are not sorted out properly, it can have an impact on children in areas such as as their learning, health and wellbeing.

Find out more information about 'Building Stronger Relationships' by visiting the Barnsley Virtual Family Hub or pop along to your nearest site.



Online Programmes

There are three free, online relationship programmes which you (and your partner) can work through at your own pace. The programmes are packed full of hints and tips to help handle the ups and downs of family life, whether you are parenting together or separated.



Me, You and Baby Too

Suitable for expectant or new parents

Having a new baby can be such an exciting event, but it can also bring added pressure to a relationship. This short programme is split into three different sections each exploring support, advice and guidance to help you strengthen your relationship with your partner.

- **Dealing with daily stresses**
- **Being prepared for baby**
- **Helpful conflict**



Arguing Better

Suitable for parents/carers who are together as a couple

Relationships aren't always smooth sailing. This short programme is split into three different sections each exploring support, advice and guidance to help you strengthen your relationship with your partner.

- **Improving how you handle conflict**
- **Improving communication in your relationships**
- **The impact on children**

Online Programmes/Support



Getting it Right for the Children

Suitable for parents/carers who are separated/divorced

When parents separate it can be upsetting for the whole family. Understanding how to handle separation in a calm, respectful way can have a positive impact on your children. This programme explores the following topics:

- **Dealing with high emotions (from yourself and others)**
- **Getting used to a new way of living**
- **Communicating and working together**
- **Managing change and negotiation**

Online Support



Getting On Better Cards

Suitable for parents/carers who are separated/divorced

Parents/carers can use these activity information cards to strengthen their relationship with their partner or co-parent. Each card explores a different element of the parenting relationship. Find the full list on the next page. You can download these from the Building Stronger Relationship page on the Virtual Hub.

Online Support

- **Stages and changes** - understand how relationships can change
- **Logs and fire** - explore what starts arguments and how you can calm them down
- **Conflict styles** - find out what your 'go to' conflict style is
- **Magic 5 to 1 ratio** - explore how to repair a relationship after conflict
- **Communicate better** - understand how to communicate in a positive way
- **Harmful and helpful** - hints of how to start a stressful conversation with partners
- **Child roles** - for separated parents
- **Parent roles** - for separated parents

Free Apps

To download these apps, visit your app store or Google Play



DadPad

The essential guide for new dads, developed with the NHS. As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The DadPad can help by giving you the knowledge and practical skills that you need



EasyPeasy

Find out parenting tips and activities, personalised for you and your 0-5 year old, from the playful community of parents and experts at EasyPeasy.



Separating Better

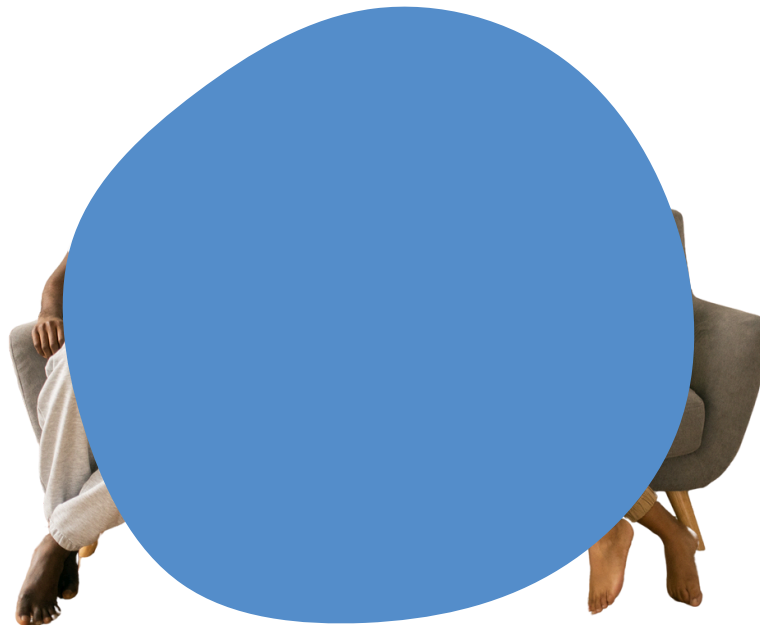
This is a co-parenting app from OnePlusOne to help separated parents communicate & co-parenting respectfully. It shares tips on how to talk to children about separation and explores some of the legalities of separation and/or divorce.

Parent-led Programmes

A parent-led programme from Empowering Parents, Empowering Communities (EPEC) will be delivered in the future.

This programme will help parents learn practical skills for everyday life and bring up happy, confident and cooperative children.

We are looking for parent volunteers who might want to be involved in this. Free training and continued guidance and support will be offered to parent group leaders. Pop into your local family hub for more information or ring the family information service on 0800 034 5340.



For more information or a friendly chat with our team, pop into one of our Barnsley Family Hubs:

- Central: 39 Overdale Avenue, Worsbrough, Barnsley S70 4BD
- Dearne: Station Road, Thurnscoe, Rotherham, S63 0JL
- North: Lindhurst Road, Athersley Barnsley, S71 3NB
- North East: Milefield Lane, Grimethorpe, Barnsley, S72 7BH
- Penistone: 82 High Street, Penistone, S36 6BS
- South: Barnsley Road, Wombwell, Barnsley, S73 8HT

Call our team for a chat on 0800 0345 340 - select option 2.

Scan the QR code to look at the Virtual Family Hub.

