

## **Support for every parent and carer**

Being a parent/carer is the most important job you could ever do, it's an unpaid 24 hours/7 days a week job. It's not on a temporary or fixed term contract and there's no probationary period! There is however training available – just like in any other job.

Most of us willingly attend training courses and seek qualifications in our personal and professional lives so why not parenting? – the truth is people are reluctant to – some of us feel like there's a stigma attached to asking for support or going on a course, some people feel it's a sign of weakness and yet anyone who attends a course knows it's not and will usually attend more. Seeking support and training is not about being a bad parent it's about being a great parent and keeping your skills updated and refreshed – just like any other training.

The parenting journey is like a roller coaster and sometimes we may need a little (or a lot) of help.

With so much out there it is sometimes difficult to know where to start or what to trust. We have gathered some of the courses, sites and snippets of information that you might feel useful but feel free to contact us in school if you want more information or you would like some further information.

We also have trained parent course facilitators in school who are always happy to help and can discuss future courses or support for individual families.

For further information on Care for the Family courses (Primary Years or Handling Anger in the Family) or the Grief Recovery Method courses, please contact Mrs Ashley in school.

Check out this video.

<https://youtu.be/uDnNrno5fPM>

Here are some links to parenting support and courses

<https://www.tamesidesafeguardingchildren.org.uk/parentsandcarers/download/parenting-handbook-2020-11.pdf>

<https://www.tameside.gov.uk/sid/parenting>

<https://www.tameside.gov.uk/TamesideMBC/media/earlyyears/Early-Help-Access-Point-Trifold-Pamphlet-November-2019.pdf>

<https://www.tameside.gov.uk/earlyhelpoffer/parent-carer/accesspoint>

[https://files.schudio.com/dowson-primary-academy/files/documents/Early\\_Attachment\\_Service\(1\).pdf](https://files.schudio.com/dowson-primary-academy/files/documents/Early_Attachment_Service(1).pdf)

<https://www.tamesidesafeguardingchildren.org.uk/parentsandcarers/parenting-information>

Specifically for Dads

<https://youtu.be/jqKWL2wLFY>