



Parenting Befriending Service

Key Principles

The Parenting befriending service will support identified Parents / Carers through the Covid-19 crisis by providing a supportive non-judgemental talk with a trained facilitator who will:

- Be accessible (at agreed day and time)
- Resourceful and trustworthy
- Help parents / carer make sense of their strengths and difficulties, as there may be raised anxiety levels at home.
- Support parents to identify the assets that they need to cope and to unlock what is already available to them.
- Help them feel less lonely or isolated & supporting them to maintain contacts with other parents / carers.
- Supporting them to find positive ways to express feelings such as anxiety, not coping, lack of engagement with the family, disempowered to parent and their children's anxiety and worries.
- Focus on coping strategies using evidence based programmes such as the "Being a Parent Manual" and Triple P
- Refer and signpost to specialist services when required.

The Offer

Parents / Carers of Children 0-16 year who are identified of needing a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

- Befrienders are either family worker professionals or Newham Parent Peer Facilitators
- **30 - 60 min's** session per week
- **1 - 8 weeks** with a clear transition process put in place for when the contact ends.
- **Group sessions** – will be developed where this would be helpful and appropriate.
- **Virtual Coffee Mornings-** Early Years / Primary and Secondary.
- Signposting and referrals to other support and services as and when appropriate.

If you are a professional and would like to refer a family for the parenting befriending offer please email: BSILFamilySupport@newham.gov.uk.

Parents / Carers can also self – refer by emailing: BSILFamilySupport@newham.gov.uk

Websites: HeadStartNewham.co.uk

