



Dorset
Council



**The
Incredible
Years®**

An Empower Community Care Organization

PARENTING RESOURCES IF YOU'RE CONSIDERING THE IY COURSE FOR PARENTS AND CARERS OF CHILDREN AGE 3 - 10



**North Dorset
Locality**

HOW DO I KNOW IF THE COURSE IS FOR ME?

Before you decide if Incredible Years is right you, please access these resources where you will find some excellent support and advice. There are no specific SEND aspects in the course, but elements could be adapted to what suits your family.

THE REFERRAL PROCESS

If after trying these resources, you still feel that you need to attend IY, please to speak to a professional who is known to your family such as a teacher or family/social worker. They can request a place for you by contacting us, but there is no guarantee that a space will be available on the next course.

PARENTING RESOURCES

- [Easypeasy](#) parenting app has tips and activities, personalised for parents of 0 – 5's, from a diverse community of practitioners, early years experts and other families. The app is provided FREE by Dorset Council
- www.easypeasyapp.com/for-parents-and-carers
- [Behaviours That Challenge Us](#) is for parents/carers of 5 – 11 year olds who find their child's behaviour difficult to manage at times. Presented by a Child Clinical Psychologist, to help you support and understand your child's challenges and difficulties and learn more about brain development.
- www.service.actionforchildren.org.uk/dorset-services/parenting/parenting-programmes-in-dorset/
- [Family Lives](#) run online parenting courses for families with children at primary school or younger.
- www.familylives.org.uk/how-we-can-help/online-parenting-courses
- [Action for Children](#) has a fantastic parenting hub for families with children of all ages offering free advice and resources, plus a live chat service with a qualified parenting coach.
- www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/
- [Place2Be](#) have resources covering many aspects of mental health and wellbeing for children of primary school age as well as tips to help prepare your child move up to secondary school.
- www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/
- [ParentLine](#) for parents of 0 – 5's from Dorset NHS Health Visiting team is a confidential text message service, providing advice about children's health and development.
- www.dorsethealthcare.nhs.uk/our-services-and-sites/children-young-people-and-families/health-visiting/parentline-confidential-text-messaging-service-0-5-year-olds
- [ParentLine](#) for parents of 5 – 19's from Dorset NHS School Nursing Team is a confidential text message service, providing advice about children's health and development.
- www.dorsethealthcare.nhs.uk/our-services-and-sites/children-young-people-and-families/school-nursing/parentline-confidential-text-messaging-service-5-19-year-olds
- [Educational Psychologists](#) at Dorset Council offer 30 minute consultations to parents/carers who have concerns about learning, behaviour, wellbeing and emotions of children age 3 to 18 (up to 25 if the young person has SEND).
- www.dorsetcouncil.gov.uk/w/educational-psychologists
- [Positive Parenting](#) is a useful guide from the NSPCC covering understanding your child's needs, setting boundaries, building positive relationships and more.
- <https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

FOR FAMILIES OF CHILDREN WITH SEND

- [The SEND Nurture Network](#) is based in Gillingham and supports North Dorset families with a child with SEND. They run a regular parent/carer support group as well as special events.
- www.sendnurturenetwork.co.uk
- [EarlyBird Programme](#) from the National Autistic Society, is for the parents/carers of 4 to 10 year olds with a confirmed ASD diagnosis. This 3 month course combines group training sessions with individual home visits and is run by Yewstock School in Sturminster Newton.
- www.yewstock.dorset.sch.uk/earlybird/
- [Dorset Council Local Offer](#) is an information and signposting service to help young people and their families in Dorset get the right help and support to meet their needs.
- www.dorsetcouncil.gov.uk/children-families/sen-and-disability-local-offer/dorsets-local-offer
- [Dorset Parent Carer Council](#) is recognised by the Dept of Education, Dorset Council and NHS Dorset and is run by parents and carers for parents and carers of children and young people age 0 – 25 with SEND in Dorset.
- www.dorsetparentcarercouncil.co.uk
- [Ambitious about Autism](#) have a 'Quality of life at home' toolkit with short films for anyone who needs advice on distressing behaviours within the family.
- www.ambitiousaboutautism.org.uk/understanding-autism/behaviour/quality-of-life-at-home-toolkit
- [SENDIASS](#) provide free confidential advice and support to parents and carers of children and young people with SEND living in Dorset.
- www.dorsetsendiass.co.uk
- [IPSEA](#) are a SEND law charity, providing free and independent legal advice and support to families.
- www.ipsea.org.uk

PARENT RELATIONSHIPS - FOR NEW AND EXPECTANT PARENTS OR IF YOU'RE IN CONFLICT WITH YOUR PARTNER OR EX

You may be struggling with the challenges of becoming new parents or perhaps your relationship has broken down. Whether you're living together or not, if there are frequent unresolved arguments, it's more likely that your child may become upset, anxious or angry and this can be reflected in their behaviour or attitude towards you or your partner.

Visit the Parent Relationships page on the Dorset Council website at www.dorsetcouncil.gov.uk/parent-relationships for resources which include the following and lots more:

- [Support for inter-parental communication](#) offers free counselling to parents to help improve communication, reduce conflict and create better outcomes for your child/children.
- [OnePlusOne](#) run 3 free online courses: Arguing Better, Getting it Right for Children, You, Me & Baby Too. You can work at your own pace and will get resources, ideas and tips on how stop disagreements turning into arguments, which will help reduce stress for you and your child. You need to register for a free account to get access to the courses.

CONTACT US

For more information, please contact the North Locality at



northchildrenscentres@dorsetcouncil.gov.uk



www.dorsetcouncil.gov.uk/children-families/family-hub

News Events Support



/groups/northlocality

