

Hastings and Rother  
Positive Parenting Guide  
What's on Oct/Nov 2020



# Introduction



Being a parent is amazing but we all need some help, advice and practical tips at times... and let's be honest parenting during a pandemic has been particularly stressful!

Luckily the East Sussex Parenting Team is on hand to deliver tried, tested and internationally renowned parenting programmes to help you and your children get the support that you need.

We all have very busy lives and different needs, for this reason our service is not a "one size fits all" service but rather a selection of different programmes that you can choose from. You can access as much or as little as you like and **just small changes will make a big difference!** The Hastings and Rother Parenting Team PUT YOU IN CONTROL so you can:

- ✓ Choose the strategies that fit your family
- ✓ Work at your own pace
- ✓ From the comfort of your own home!

The Parenting Team are using an app called 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 with your name, phone number and which course you would like to attend to [info@openforparents.org.uk](mailto: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 you will get out of it! Parent coaches will generally be around for a few minutes before and after the session for questions and technical help if needed.



# 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!

## Positive Parenting 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!

If this sounds like you, then Triple P Seminars may suit. Seminars are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.

## Positive Parenting Discussion Groups

Each session lasts about 2 hours and brings together a maximum of 10 to 12 parents who maybe experiencing similar parenting issues. You'll see short video clips showing other parents successfully dealing with the same issue 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.

# What we offer



## Positive Parenting Group (2-12 years)

From the very start you will get tips and suggestions to fit the needs of your family. Your workbook will give you tools and information to start positive parenting right away at home. Group Triple P is up to 5 group sessions with other parents in weekly 2 hour webinars as well as 1 week for home practice together with phone advice and support from your Parenting Coach and a final group session to go over any questions.

## Stepping Stones Group (Children with additional needs)

This group can help you manage problem behaviour and development issues common in children with a disability or additional needs, diagnosed or undiagnosed. It helps you encourage behaviour you like, cope with stress, teach your child new skills and build better family relationships.

## (TEEN) Positive Parenting Group (10+)

This group can help you cope positively with some of the common issues associated with raising a teenager. It looks at ways to build a stronger relationship with their teenager, resolve conflict in the family and manage problem behaviours. It also explores risky behaviour and keeping your teen safe.



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### The Power of Positive Parenting (2-8)

**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

Wednesday 14<sup>th</sup> October 4-5:30pm    Thursday 22<sup>nd</sup> October 1-2:30pm

Wednesday 11<sup>th</sup> November

## **WEBINARS continued**

To book onto any of these please email your name, number and the title of the webinar you wish to attend to [info@openforparents.org.uk](mailto:info@openforparents.org.uk).

### **Supporting Secondary School (10+)**

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 7<sup>th</sup> October 4-5:30pm    Wednesday 18<sup>th</sup> November 4-5:30pm**

### **Tips and Tricks for Successful School Life! (2-12)**

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.

**Wednesday 4<sup>th</sup> November 4-5:30pm    Tuesday 17<sup>th</sup> November 1-2:30pm**

### **Managing Anxiety and Raising Resilient Children (2-12)**

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.

**Thursday 8<sup>th</sup> October 1-2:30pm                      Thursday 12<sup>th</sup> October 1-2:30pm**  
**Tuesday 20<sup>th</sup> October 1-2:30pm**

## **WEBINARS continued**

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### **Raising Confident and Independent Children (2-12)**

In this seminar, parents were 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 1<sup>st</sup> October 1-2:30pm

Thursday 15<sup>th</sup> October 1-2:30pm

Thursday 19<sup>th</sup> November 1-2:30pm

### **Turning Problem Behaviour into Positive Behaviour (children with additional needs)**

This 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!

Tuesday 13<sup>th</sup> October 1-2:30pm

Tuesday 3<sup>rd</sup> November 1-2:30pm

Wednesday 25<sup>th</sup> November 4-5:30pm

## **WEBINARS continued**

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### **Helping Your Child To Reach Their Full Potential (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.

Tuesday 6<sup>th</sup> October 1-2:30pm      Thursday 5<sup>th</sup> November 1-2:30pm  
Tuesday 24<sup>th</sup> November 1-2:30pm

### **Coping with Teenage Anxiety (10+)**

Looks into developing a positive family environment and teaching your teen develop and practice coping skills for school. Topics include teenage emotions, school attendance, facing fears and how to get support.

Wednesday 21<sup>st</sup> October 4-5:30pm      Tuesday 10<sup>th</sup> November 1-2:30pm  
Thursday 26<sup>th</sup> November 1-2:30pm



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## **DISCUSSION GROUPS**

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](mailto:info@openforparents.org.uk). We will then send you the link to join.

### **Getting your Child into Bed (and staying there for the night!) (2-12)**

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.

Friday 16<sup>th</sup> October 12-2pm

Wednesday 4<sup>th</sup> November 12-2pm

### **Dealing with Disobedience (Getting Your child to Listen) (2-12)**

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*.

Friday 2<sup>nd</sup> October

Monday 19<sup>th</sup> October 1-3pm

Friday 6<sup>th</sup> November 12-2pm

Friday 20<sup>th</sup> November 12-2pm

### **Managing Fighting and Aggression (2-12)**

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.

Monday 5<sup>th</sup> October 1-3pm

Wednesday 21<sup>st</sup> October 1-3pm

Monday 9<sup>th</sup> November 1-3pm

Friday 27<sup>th</sup> November 12-2pm



## **DISCUSSION GROUPS continued**

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### **Hassle Free Shopping (2-12)**

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.

Monday 7<sup>th</sup> October 1-3pm

Wednesday 11<sup>th</sup> November 1-3pm

Monday 23<sup>rd</sup> November 1-3pm



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### Reducing Family Conflict (10+)

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.

Monday 12<sup>th</sup> October 1-3pm

Friday 23<sup>rd</sup> October 12-2pm

Monday 16<sup>th</sup> November 1-3pm

Monday 30<sup>th</sup> November 1-3pm

### Getting Teens to Cooperate (10+)

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.

Monday 5<sup>th</sup> October 10-12pm

Friday 13<sup>th</sup> November 12-2pm

Monday 23<sup>rd</sup> November 10-12pm

### Coping With Teenagers' Emotions (10+)

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.

Wednesday 14<sup>th</sup> October 1-3pm

Monday 2<sup>nd</sup> November 1-3pm

Monday 16<sup>th</sup> November 10-12pm



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## E-SAFETY

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### E-Safety (2-12)

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.

Monday 12<sup>th</sup> October 10-12pm

Monday 2<sup>nd</sup> November 10-12pm

Wednesday 25<sup>th</sup> November 1-3pm

### E-Safety (10+)

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.

Friday 9<sup>th</sup> October 12-2pm

Monday 26<sup>th</sup> October 10-12pm

Monday 9<sup>th</sup> November 10-12pm

Monday 30<sup>th</sup> November 10-12pm

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## GROUPS

To book onto any of these please email your name and the title of the group you wish to attend to [info@openforparents.org.uk](mailto:info@openforparents.org.uk).

We will then send you the link to join.

### Positive Parenting Group (2-12)

This 6 week group teaches parents a range of strategies to use that help to support, develop and managing problem behaviour in children. It identifies causes of behaviour, parent traps and helps parent to set goals and plan for high risk situations.

Starts Thursday 5<sup>th</sup> November 10-12pm

### Positive Parenting Group TEEN (10+)

All parents raising teenagers need support at times and joining this 6 week group can really help to reduce family stress. Key learning points will be encouraging appropriate behaviour, managing problem behaviour and how to deal with risky behaviour.

Starts Tuesday 3<sup>rd</sup> November 10-12pm

### Positive Parenting Group Stepping Stones (Children with additional needs 2-12)

The pressure of raising a child with additional needs can put a strain on family life. Come and meet other parents experiencing similar situations and learn simple strategies that can make life at home a little easier for everyone! This 6 week group is for parents and carers who want help with their child's development or behaviour problems.

Starts Wednesday 4<sup>th</sup> November 10-12pm



## 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](http://www.openforparents.org.uk) and <https://www.facebook.com/OpenforParents>.

Please call the team on 01424 725800 or email [info@openforparents.org.uk](mailto:info@openforparents.org.uk) for further support.

Kind Regards

Hastings and Rother Parenting Team

