

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

September to December 2024

Programme	Day/Start Date/Time	Venue
0-12 Triple P Parenting programme for parents of children 0 to 12. The programme promotes positive parenting strategies, coping and self-care skills. Duration: 8 weeks	Thursday 19 September 10am to 12noon	Central Children's Centre Ferham Road, Rotherham S61 1AP
Teen Triple P Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills. Duration: 8 weeks	Monday 30 September 9.30am to 11.30am	Dalton Family and Children's Centre, Magna Lane, Dalton, S65 4HH



www.rotherham.gov.uk/family-hubs

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

Triple P for Baby Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours. Duration: 8 weeks.	Tuesday 22 October 12noon to 2pm	The Place Family Hub, Coleridge Road, Rotherham, S65 1LW
Sleep Tight This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children. Duration: 4 weeks	Tuesday 24 September 1pm to 2.30pm	Maltby Stepping Stones Family Hub, Tickhill Road, Maltby, Rotherham, S66 7NQ



www.rotherham.gov.uk/family-hubs

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

Stepping-Stones This programme is for parents of children 0 to 12 years who have a child with a disability. The programme builds parenting skills for promoting children's development, social competence, and self-control. Duration: 5 weeks	Tuesday 17 September 10am to 12noon	Children's Disability Team Teams / Online
Caring Dads Developed in a university partnership, Caring Dads is a group intervention programme for men who have abused, neglected, or exposed their children to domestic violence. Duration: 17 weeks	Coming soon in Autumn	Ferham Family and Children's Centre, Ferham Road, Rotherham, S61 1AP
Fear-Less Triple P is for parents (of children aged 6 to 14 years) who'd like to learn how to teach their children to manage anxiety effectively. Duration: 6 weeks	Tuesday 10 September 12noon to 2pm and Friday 8 November 9.30am to 11.30am	Dalton Family and Children's Centre, Magna Lane, Dalton, S65 4HH Maltby Stepping Stones Family Hub, Tickhill Road, Maltby, Rotherham, S66 7NQ



www.rotherham.gov.uk/family-hubs

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

Discussion groups

All discussion groups are on a drop-in basis, please arrive at least 5 minutes before programme start time. Please give parents the details. No referrals required.

Discussion groups	Discussion group subject	Day/Start date/Time	Venue
Short one-off group sessions that offer practical advice for tackling a specific problem behaviour.			
0 to 12 years	Manging Fighting and Aggression	Monday 21 October 9.30am to 11.30am	The Place Family Hub, Coleridge Road, Rotherham, S65 1LW
	Developing a good bedtime routine	Friday 20 September 10am to 12noon	Dinnington Early Help Centre, Doe Quarry Lane, Dinnington, Sheffield, S25 2NZ
	Dealing with Disobedience	Friday 13 September 9.30am to 11.30am	The Place Family Hub, Coleridge Road, Rotherham, S65 1LW
	Hassle Free Shopping	Tuesday 26 November 10am to 12noon	Ferham Family and Children's Centre, Ferham Road, Rotherham, S61 1AP



www.rotherham.gov.uk/family-hubs

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

Discussion groups	Discussion group subject	Day/Start date/Time	Venue
Teen	Coping with Teenagers Emotions	Friday 27 September 9.30am to 11.30am	The Place Family Hub, Coleridge Road, Rotherham, S65 1LW
	Reducing Family Conflict	Friday 1 November 9.30am to 12noon	The Place Family Hub, Coleridge Road, Rotherham, S65 1LW
	Getting Teens to Co-operate	Friday 6 September 12.30pm to 2.30pm	Brookfield Family Hub, Lime Grove, Swinton, S64 8TQ
	Teen Survival Skills	Friday 6 December 12.30pm to 2.30pm	Brookfield Family Hub, Lime Grove, Swinton, S64 8TQ



www.rotherham.gov.uk/family-hubs

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

Online Programmes

0-12 Years Triple P

Triple P Online supports parents of young children (under 12 years). Guide behaviour positively, set up routines and rules more easily, and have a calmer household. Parents can access this directly by clicking the link below and registering their details:
www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Teen Triple P

Teen Triple P Online supports parents of tweens and teens aged 10 to 16 years, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood. Parents can access this directly by clicking the link below and registering their details:
www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Fear-Less Triple P

Fear-Less Triple P Online supports parents of children aged 6 to 14 years with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques. Parents can access this directly by clicking the link below and registering their details:
www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Me, You and Baby Too – An online course to help couples prepare for the transition to parenthood

Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (www.oneplusone.org.uk)

Arguing better – An online course for reducing parental conflict

Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (www.oneplusone.org.uk)



www.rotherham.gov.uk/family-hubs

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

Getting it Right for Children –An online course for separating parents to minimise the impact of separation on children.

Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (www.oneplusone.org.uk)

Solihull Approach online

The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing. Ages 0 to 19 years Parents can access this directly by copying the below and pasting it into their browser and register for a free account.

www.inourplace.co.uk/rotherham

Contact the Evidence-based Hub for further information at:
parenting@rotherham.gov.uk

Make a Referral:

Early Help workers can complete an evidence-based intervention form on EHM.

Social Care staff can complete a co-working request stating which programme is required.

Partnership agencies, please telephone 01709 336080.

Parents and Carers can self-refer online at:

www.rotherham.gov.uk/homepage/402/activities-and-support-for-families



www.rotherham.gov.uk/family-hubs