



**SUFFOLK
PARENT
HUB**

Welcome to the Spring 2018 edition of the Parenting Team Newsletter.

What comes to mind when you hear the word 'parenting'? Do you automatically associate it with mothers rather than fathers? Does the idea of a parenting programme sound like something that might be useful or conjures up a picture of being told that you're a rubbish parent and lectured about what you must do differently? Are parents' voices heard when we look at services?

The Parenting Team and Suffolk Parent Carer Network have organised a workshop on Monday 21st May that will be looking at these questions, and how we can further develop ways of working together. It will be held at Castle Hill Community Centre, Highfield Road, Ipswich IP1 6DG from 10am - 2pm, with a shared lunch. Fathers, mothers, step-parents, foster parents, grandparents and carers are very welcome, whether you have attended a parenting programme in the past, are planning to, or have been completely put off the idea for whatever reason. For more details please contact parenting@suffolk.gov.uk or phone Judith Moore on 07765 405152.

Please see the link below for details of programmes planned by the Parenting Team, Health & Children's Centres and other agencies for the summer term and beyond. And remember to check online at www.suffolk.gov/theparenthub for regular updates and new programmes. If you have an event you feel would be of interest to parents we would be happy to publicise it on the parenting calendar - just get in touch at parenting@suffolk.gov.uk.

Information on Parenting Programmes

Link to evidenced based parenting programmes, Seminars and Parent Hubs from April to

August 2018

[All Localities](#)



Here in Suffolk we are taking part in a national research project on the impact of the Webster Stratton (Incredible Years) Baby and Toddler programmes. The E-SEE project will be studying whether these enhance social and emotional health and wellbeing in the early years, and will be following a cohort of Suffolk parents and babies for 2 years. It will include opportunities for practitioners to train to deliver these programmes and have regular clinical supervision. Briefing sessions are already taking place, there will be a session on 16th April at Landmark House. Please book on CPD for the following sessions: 9am - 10am - PRN 18/035, 10am - 11am - PRN 18/036, 11am - 12md - PRN 18//037, 12:30pm - 1:30pm PRN 18/038. Take a look at the E-SEE [brochure](#) for more information.



SENDIASS and the Parenting Team have been working together to offer a joint workshop for parents on building their children's resilience and independence, including a Triple P seminar on Raising Resilient Children' followed by the SENDIASS 'Empower Your Child' workshop. This was offered for the first time in January at Sidegate Primary School, Ipswich and then in March at Westbourne Academy. Contact Sian Monteith (sian.monteith@Suffolk.gov.uk) or parenting@suffolk.gov.uk if you would like information on future sessions.

**** NEW **** Saturday Triple P programme: we are trialling a one-day condensed Triple P Group programme on Saturday 14th July, 10am - 4pm, at Kesgrave Children's Centre, 22 Bell Lane, Kesgrave IP5 1JQ. This will be of particular interest to 'time-poor' parents who find it hard to attend a weekday event. It follows positive reports when this was trialled last year in Australia. If you would like to attend, or know someone who would, please contact us as usual on parenting@suffolk.gov.uk



Triple P online: we are continuing to offer a limited

number of Triple P and Triple P Teen online licences to referred parents who are unable to access group events. These cover all the group material using video clips, quizzes, SMS prompts, notebook facility etc - once logged on there's a year to complete, with flexible access by phone, tablet or computer. We are also looking to the Solihull Online ante-natal, baby and child programmes for parents - so watch this space to see how the online offer might be growing.



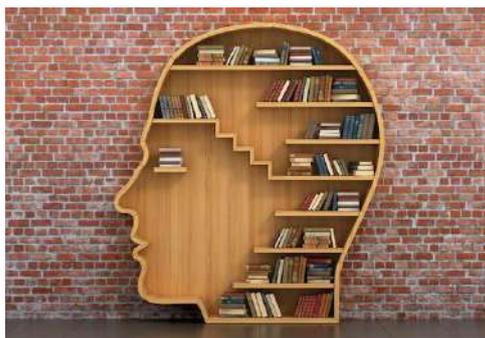
wellbeing

Helping you live your life

Want to know how to support your child? Wellbeing Suffolk (provided by Norfolk and Suffolk NHS Foundation Trust) is now offering two online workshops to help you understand anxiety and resilience better and how you can help children cope with this: Parenting the Anxious Child - runs fourth Tuesday of every month, 10 - 11:30am. Raising Happy Resilient Children - runs last Wednesday of every month, 10 - 11am.

For more information:

<https://www.wellbeingnands.co.uk/courses>



Stepping Stones

The Triple P Stepping Stones programme for parents of children 0-11 with additional needs continues to run in all areas of Suffolk. 18 programmes have completed since May 2016 and there is currently another running in Ipswich. Three more are due to start after Easter in Central & South, Lowestoft-Waveney and West Suffolk - for more details please look on the calendar at www.suffolk.gov.uk/theparenthub or email us at parenting@suffolk.gov.uk. We have had some great feedback from mothers and fathers who have attended (eg 'I wish I had known about this 6 years ago'). We have also analysed the results from the 141 family members who have completed pre- and post-group questionnaires. These show improvements on all scales: reduction in reported emotional and behavioural problems and increase in parental confidence (self-efficacy). There is also a 34% drop between the start and end of the programme in how parents rate their feelings of depression, anxiety and stress, and decline in parental conflict over child-rearing from clinical to normal levels. This is in line with the national assessment of Stepping Stones carried out by the Early Intervention Foundation (EIF) which found evidence of statistically significant positive impact, and also that it was a relatively low cost intervention. For more information see:

<http://guidebook.eif.org.uk/programme/group-stepping-stones-triple-p>

On the [Suffolk Parent Hub](#) pages you can find details of resources which can be reserved with Suffolk Libraries, covering family issues from the everyday (starting school, tantrums) to the most challenging situations. The section on Family break-up includes books for small children to teenagers and parents on how to deal with these changes.



THANK
YOU!

And finally - a big thank you to all colleagues who have been supporting the roll-out of programmes, by shadowing and co-facilitating. We really appreciate your flexibility, enthusiasm, thoughtful feedback and the skills you bring from the 'day job' - and of course the managers who free you up to come along. A special thanks this time to the Social Care students who have been involved in several groups across the county, with benefits seen for all of us. We hope to be working with some of the Health students in a similar way in the coming months.



A morning in the life of a working Mum;

1. Snooze alarm at least five times.
2. Consider whether you can live without an income, decide that you can't and get up.
3. Attempt to have a quick shower before the children wake up, this plan fails when 2 year old son is desperate for a poo and needs assistance immediately.
4. Descriptively praise son for using toilet whilst standing there half-naked and fending off comments and incessant questioning from son about the wobbly bits on my body.
5. After shower chuck some vaguely coordinating clothes on.
6. Shove hair back in trendy 'messy bun' aka Mum 'do', cover hormonal blemishes and huge eye bags and dust liberally with bronzer whilst avoiding looking in mirrors or going near natural light.
7. Channel 'Steve Irwin' and brace self-ready to wrestle 2 year old into some clothing whilst, at the same time nodding approvingly at hand-standing daughter whilst she does a really loud commentary detailing all riveting facts about the Great Fire of London.
8. Remember you learn something new every day.....I now know a lot about the Tudor bloke who buried his cheese and wine! Useful.
9. 'Encourage' children to brush their teeth with the help of a very irritating phone app with very annoying music.
10. Commence breakfast preparation; ask children what they want, receive no response.

11. Give them what they have every other morning...get moaned at, whilst making packed lunches, sorting school bags, and taking food out of the freezer for tea that no-one will fancy eating alter.
12. Attempt to have a hot drink.
13. Guzzle freezing cold cup of tea.
14. Assume 'hair stylist' pose and offer the usual school pony tail to daughter except today she wants inside out, fishtail plats adorned with jo-jo bows and jewels. Nod and smile, produce usual pony tail.
15. Ask daughter to get coat and shoes on, praise daughter for following instructions whilst she scowls at your rubbish hair stylist skills.
16. Chase son around the living room for about 7 minutes trying to get his shoes and coat on.
17. Place son gently under one arm and pop in car seat. Then shove said shoes on and decide it's not that cold and a coat is probably optional.
18. Strap in daughter.
19. Catch sight of yourself in the car mirror, in natural light.
20. Stifle a sob, commence the joyful school run.....And after all that.....start the working day!

With thanks to Maddie McHenry & Frances McGinn who have promised another instalment for the next Newsletter.....

We hope you have enjoyed reading this Newsletter and found it useful. Please tell us what you think about it.

What else would you like to see included?

You can email Judith Moore, County Parenting Coordinator at:

Judith.Moore@suffolk.gov.uk

Business Support Officer & to unsubscribe from these newsletters:

Caroline.Day@suffolk.gov.uk



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