

County Parenting Team

Details of our 2017 programmes for Parents & Carers



**SUFFOLK
PARENT
HUB**

Welcome to the 2nd edition of the Parenting team Newsletter

- with details of programmes for summer and autumn across Suffolk. Courses look at common issues faced by parents, children and young people, as well as challenging and risky behaviour. Referrals are welcome from agencies, as well as self-referrals by parents and carers (apart from Caring Dads).

Information on Parenting programmes

Link to evidenced based parenting programmes from April to August, 2017 for each Locality:

[All Localities](#)

You can still access our calendar of programmes and much more at www.suffolk.gov.uk/theparenthub



Triple P Group Stepping Stones

A 9-week programme for parents of children with additional needs, aged up to 12. It offers positive strategies for managing children's behaviour, support to prevent or improve challenging behaviours, planning ahead for greater independence, looking

Issue 2, April, 2017



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Contact details

Webpage:

www.suffolk.gov.uk/theparenthub

Email:

parenting@suffolk.gov.uk

Feedback:

We hope you have enjoyed reading the Newsletter and found it useful. Please tell us what you think about it. What else would you like to see included?

after yourself as a parent and adapting to the impact of additional needs on the whole family. For more information or to find the next local course, email parenting@suffolk.gov.uk



Watch out for more information on the Caring Dads programme - coming shortly!

This 17-week programme supports fathers to build a more positive relationship with their children and a healthier co-parenting relationship for the future. 2 programmes are currently running or about to start and we hope to offer 3 more starting later in 2017. Please contact Judith Moore on parenting@suffolk.gov.uk for more information about the referral process. You can find out about how the programme works on <http://www.caringdads.org/>



One of the world's most-researched parenting programmes - now available online!

Triple P Online is an 8-module interactive course based on the popular Group programme, for parents of children up to 11. It can help foster positive relationships, support children's learning, encourage positive behaviour and lower stress all round. A small pilot with the Early Help Service in Central & South Suffolk shows that parents are positive about the flexibility of Triple P Online which can be accessed any time from computer, phone or tablet. We will be publishing our results shortly.

****STOP PRESS!**** - Triple P TEEN Online for parents of young people 12 - 16 has just been released.

Would you or a family you work with be interested in an online parenting programme? Let us know at parenting@suffolk.gov.uk



Public policy - what works to support parents?

A recent report from the Social Mobility Commission has found that parenting interventions can be successful in achieving better outcomes for children. Especially those that focus on parenting styles, creating a supportive home learning environment, relationships within the family and mental health.

More here: <https://www.gov.uk/government/news/helping-parents-to-parent>

You can email Judith Moore, County Parenting Coordinator at:

Judith.Moore@suffolk.gov.uk

Business Support Officer:

Caroline.Day@suffolk.gov.uk



And 5 top parenting tips that could be in official courses.....

In the wake of recent calls for parenting courses to be made more widely available, the BBC asked an educational psychologist for their top tips for raising happy children:

<http://www.bbc.co.uk/news/uk-36539775>

What do you think?

The Parent Hub

A single place for Suffolk parents and carers to find parenting [advice and support](#) to help their child's development.

Parenting programmes are run by Suffolk County Council, Ipswich Borough Council and partner organisations in the voluntary and community sector.

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