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**SUFFOLK
PARENT
HUB**

Welcome to the 2018 - 2019 edition of the Parenting Team Newsletter.



It's been a busy term here for the team, with 31 groups offered across Suffolk, plus seminars and regular parenting hubs. We'd like to say a big thank you to everyone who has helped to make this happen - colleagues who have co-delivered and supported programmes (and their managers who released them), those who have come to talk at hub meetings and programmes, those who have offered additional funding or venues so we could put on more programmes or put on food for those attending straight after school/work, and those who have been a critical friend and encouraged us to continually review and improve what's on offer. And most of all a huge thank you to the parents, carers, guardians and friends who have given up their time to attend and shared so much in the groups.

We hope you all have a wonderful Christmas and look forward to working alongside you in the New Year.

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.

Included are a range of Triple P courses - Group, Teen Group, Stepping Stones (for parents of children with additional needs) and Family Transitions (for parents going through divorce and separation), as well as shorter workshops and seminars, Strengthening Families 10-14, Webster Stratton, Solihull and Caring Dads. Monthly Parent Hub meetings are open to all parents and carers whether they have attended a programme or not.

Information on Parenting Programmes

All information on evidence-based parenting programmes, Seminars and Parent Hubs from January to March 2019

[Link to all Localities**](#)**



NEW VENUE FOR FELIXSTOWE PARENTING HUB

**Felixstowe Library, Crescent Rd,
Felixstowe IP11 7BY**

Welcomes mums and dads



Feelings Group Facilitator Training is available

This is a one day course to equip practitioners to facilitate the 'Feelings Group 5-11 years' programme. The group is aimed at professionals looking to support children to recognise and understand their feelings, behaviour and emotions through the delivery of a focussed 10 week programme. On completion of this training staff will be accredited to deliver The Feelings Group in their school or locality.

**parenting together, mums and
dads parenting alone, carers and
grandparents**

**Helping you to help your child with
Anxiety**

**Speaker: Mariam Shaikh - Primary Mental
Health Worker from Norfolk & Suffolk
NHS Foundation Trust**

Friday 1st February 2019

9:30am -11:30am



Contact Kay 07540671191 or text if you would like
further information kay.witchalls@suffolk.gov.uk

www.suffolk.gov.uk/theparenthub

**You're invited to F.I.N.D (Families in
Need) Christmas Party**

Date: 13th December 2018

Time: 12pm till 2pm

Where: LMH, Floor 2 Break out area

There will be:

**Table Top Sale, Cake Raffle, Party
games and Christmas Selfies**

We have special Christmas guests!!!

**If you would like to donate any items
for table top please contact**

Bernie Stephenson by 10th December

Email:

bernie.stephenson@suffolk.gov.uk

**Please bring your spare change but chocolate
coins wont be accepted**

**Can we please just highlight that in order of
rolling out this programme, training and
facilitation will require two members of staff,
however this can be one trained staff member
and another supporting. This is due to the
severity of the safeguarding issues that may
arise or challenging behaviours that may be
displayed as recognising and understanding
feelings can be confusing for our children and
young people.**

Next training date: Wednesday 27th February
2019 at Landmark House. CPD course code, MA
19/064



What is a Triple P Seminar - Positive Parenting Programme?

**A guide for professionals to apply via CPD
online**

**Mon 11th Feb, '19, 2-4pm – High Suffolk
Childrens Centre - CPD CODE: PRN 19/012
Tues 12th Feb, '19, 2-4pm Phoenix Childrens
Centre - CPD CODE: PRN 19/13**

**Book on CPD Online to access this Triple P Seminar
which is open to all professionals.**

**A professional's guide to understand how the Triple P
Seminar 'Power of Positive Parenting' offers families
an introduction to Triple P Programmes. It follows a 90-
minute power-point presentation with handouts and
discussion that emphasise the importance of positive
communication and demonstrates how
parents/caregivers can build positive relationships with
their child/ren. We know that parents and the home environment are the
most important influence in children's and young people's
development.**

**All Triple P programmes are backed by Suffolk County
Council and are recommended by the Early
Intervention Foundation. All programmes use evidence-
based strategies, (proven to have positive outcomes)
based on respected research. The strategies are based
around building strong, supportive, encouraging families,
with clear behaviour boundaries, backed up by calm
consequences and rewards. Parent/caregivers get a
chance to meet others, with suggested techniques to
manage their children's behaviour.**

**Triple P emphasizes working in partnership with parents -
parents are the experts on their children. It is solution
focussed, building on strengths and setting goals, and fits
well with Signs of Safety. It normalises a lot of behaviour**



and demonstrates how parent's reactions can escalate or calm situations. It encourages parents to have realistic expectations of their child's development and behaviour.



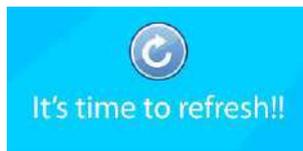
The DWP (Department of Work and Pensions) is making funding available for training next year for managers and practitioners to raise awareness of the impact of parental conflict on families and children - this can affect multiple outcomes including emotional, behavioural, social and academic development. More information on e-learning and face-to-face training shortly but you can find our more at the EIF Reducing Parental Conflict Hub:

<https://reducingparentalconflict.eif.org.uk>



E-SEE update - This research programme is looking at the effects of very early intervention on the social and emotional wellbeing of parents and young children, specifically through use of the Webster Stratton/Incredible Years programmes and materials. After successfully recruiting parents of young babies this summer and facilitator training for 10 staff, two Incredible Babies groups have been running this term in Ipswich and Thurston, with some great feedback from all those taking part. Other parents in the research programme have been given the Incredible Babies book, and all are in regular contact with the research team. Next steps will include facilitator training for the Incredible Toddler programme with groups running in autumn 2019. This will give us a strong foundation for rolling out the 2 programmes more widely across Suffolk.

www.e-see-trial.org



We are aware that for some parents and carers the term 'parenting programme' can have negative associations, for example carrying a stigma or having a sense of people being compelled to attend groups where they will be told off for getting things 'wrong'. This can be a real barrier to coming along and getting support from other parents and experienced staff, and sharing some new strategies. We are working with parents to look at how this can be improved, and would also welcome your suggestions or your experience of whether this has been an issue with families you have been working with. Please contact us at parenting@suffolk.gov.uk by 13th Dec.

NEWS updates

On the Early Intervention Foundation site there is a recent report on 'The Potential of Early Intervention'. Over several years EIF has identified a range of early intervention programmes and practices which have good evidence of improving outcomes for children, either by working directly with children themselves or by helping parents or practitioners to support children's development. These interventions are as relevant as ever to concerns about rising health and social inequalities, mental health problems among children and young people and declining social mobility. However, funding pressures mean councils are struggling to maintain early help and wider preventative services. The EIF report highlights significant barriers within the current system and recommends what needs to be done to move the agenda forward. Download the report [here](#), or watch the 2 minute [video](#).



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

To subscribe/unsubscribe to these newsletters contact:

County Parenting Business Support Officer

Caroline.day@suffolk.gov.uk



