

## January – March 2022 Carrick Spring Term Online and Face to Face Parenting Programs

### Being Passionate About Parenting 5 - 11 yrs

A 3 week workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer.

Tuesday	10.00-11.30am	1 <sup>st</sup> February	8 <sup>th</sup> February	15 <sup>th</sup> February	Microsoft teams

### Being Passionate About Parenting Early Years 1-3 yrs

A 3 week workshop for Parents / Carer of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carer Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc

Thursdays	1.00.-2.30pm	3 <sup>rd</sup> February	10 <sup>th</sup> February	17 <sup>th</sup> February	Perranporth Family Hub

### Being Passionate About Parenting with ADHD 5-11 yrs

A 3 week workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviours from your young person's perspective and supporting them with practical strategies and top tips.

Wednesdays	6.30-8.00pm	12 <sup>th</sup> January	19 <sup>th</sup> January	26 <sup>th</sup> January	Microsoft teams
Thursdays	9.30-11.30	3 <sup>rd</sup> March	10 <sup>th</sup> March	17 <sup>th</sup> March	Falmouth Family Hub

### Being Passionate About Parenting with Spectrum Awareness 5-11yrs

A 3 week workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes:- Fact and Fiction about the Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviours from your young person's point of view.

Monday	10.00-12.00	10 <sup>th</sup> January	17 <sup>th</sup> January	24 <sup>th</sup> January	Malpas Family hub Truro
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Thursday	9.30-11.30am	13 <sup>th</sup> January	20 <sup>th</sup> January	27 <sup>th</sup> January	Falmouth Family Hub
Thursdays	6.30- 8.30pm	3 <sup>rd</sup> February	10 <sup>th</sup> February	17 <sup>th</sup> February	Microsoft teams
Fridays	9.30-11.30am	4 <sup>th</sup> March	11 <sup>th</sup> March	18 <sup>th</sup> March	Microsoft teams

### Take 3 10 week programme

A 20 hours workshop parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work

Tuesdays	6.00 – 8pm	11 <sup>th</sup> Jan	18 <sup>th</sup> Jan	25 <sup>th</sup> Jan	1 <sup>st</sup> Feb	8 <sup>th</sup> Feb	15 <sup>th</sup> Feb	1 <sup>st</sup> Mar	8 <sup>th</sup> Mar	15 <sup>th</sup> Mar	22 <sup>nd</sup> Mar	Falmouth Family Hub
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### Being Passionate about the teenage Brain 12-17 years

A 6-hour workshop for Parents / Carers of young people aged 12 to 17(Secondary years 7 to 11). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims of the workshop include:  
- To build relationships with our young people. To develop positive strategies to support behavior management. To provide support, information and confidence to Parents/ Carers. Topics in this workshop include: -Boundaries and communication, emotions, keeping calm, praise, the teenage brain, parenting styles etc. This workshop is delivered on a need led basis.

Tuesdays	10.00- 11.30	1 <sup>st</sup> February	8 <sup>th</sup> February	15 <sup>th</sup> February	Microsoft teams
Fridays	9.30- 11.30	25 <sup>th</sup> March	1 <sup>st</sup> April	8 <sup>th</sup> April	Microsoft teams

#### How to book

Please contact the Early help [Early Help Hub request for help form - Cornwall Council](#) if you would like to attend any of the above courses.

[www.cornwall.gov.uk//health-and-social-care/childrens-services/early-help-hub-request-for-help-form/](http://www.cornwall.gov.uk//health-and-social-care/childrens-services/early-help-hub-request-for-help-form/)

or call 01872 322277 where a member of the Early Help Team will be able to help.