

Are you expecting or recently had a baby? Would you like to meet other new parents, spend time with your baby and start your positive parenting journey?

Triple P Baby

is the course for you!

Triple P for baby will help build a positive foundation for your baby and for you.

These sessions will take place over 4 weeks in a relaxed informal way where you will get to meet other new parents, develop new friendships and spend time with your baby. There will be lots for your baby to enjoy with you while starting to build your parenting tool kit.

You will continue to have contact for a further 4 weeks while you develop, trial and practice your new parenting tools being able to make these work for you and your family.

Topics covered:

Being confident in responding to your baby and meeting their needs and having options of there are challenges.

Learn how to manage your emotions and communicate more effectively with your partner about parenting.

Understanding your baby's development and developing a positive relationship



To find out more or book a place please contact your local family hub.

Overview

This is delivered over 8 sessions -

Week 1 – Positive Parenting

Week 2 – Responding to your baby

Week 3 – Survival Skills

Week 4 – Partner Support

Week 5 – 7 Implementing routines

Week 8 – Session close

Parents and babies will be in the sessions together in a relaxed setting.

Weeks 5 to 7 will be drop-in sessions or calls where parents/carers can come in and will be supported with implementing the routines and skills learnt.

**This is also available via online modules*



**Would you like to feel more confident to tune-in
to your child or young person's developmental
needs and how to respond to their feelings?**

Solihull Approach

is the course for you!

This programme will help you explore.....

Your thoughts and feelings

What is being communicated by your child through their behaviour

How to acknowledge that as parents you may not always be in tune with your child

Your understanding and develop Positive parenting.

Find out about different ways to communicate.

Support to implement new skills and tools learnt during the sessions.

Develop behaviour management skills that meet your child or young person's needs.

Looking after you as the parent/carer

"Great being around a range of
great, cultural & going through
similar stuff – people like myself!"

"woahhh! There's actually a lot that
I didn't know about how to parent
my teenage daughter."



To find out more or book onto a programme please contact your local family hub.

Overview

This is delivered over 10 sessions -

Week 1 – Introduction to Solihull Approach

Week 2 – How are you and your child feeling?

Week 3 – Tuning into your child's development

Week 4 – Responding to your child's feelings

Week 5 - Different styles of parenting

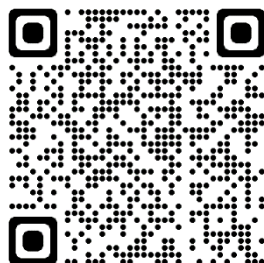
Week 6 - Parent-Child partnership – having fun
together

Week 7 – The rhythm and interaction of sleep

Week 8 – Self regulation and anger

Week 9 – Communication and attunement

Week 10 – Celebration



Would you like to learn more about your child and their behaviour? Would you like to develop your parenting tool kit and learn new skills to support you and your family?

Triple P

is the course for you!

Triple P will help.....

Raise happy & confident children.

Set rules and routine that everyone respects & follows.

Manage children's behaviours so that everyone in the family enjoys life more

Encourage behaviour that you like.

Take care of yourself as a parent

Feel confident you're doing the right thing.

"this is the best course I've ever been on; I just feel so relaxed and no judgement but it's helpful to."



Overview

This is delivered* over 8 sessions -

Week 1 – Positive Parenting.

Week 2 – Helping children develop.

Week 3 – Managing behaviours.

Week 4 – Planning ahead.

Week 5 – 7 Implementing strategies.

Week 8 – Session close.

Weeks 5 to 7 will be calls where parents/carers are supported with implementing the routines and skills learnt.

**This is also available via online modules*



Do you have a child that is about to become a Teenager or already a Teenager? Would you like to positively influence your teenager's development and life skills?

Teen Triple P

is the course for you!

Teen Triple P will help.....

Develop confidence in handling each new age, stage and situation.

Create the best environment for your teenager's development.

Know how to address behaviours, promote new skills and help emotional self-regulation.

Raise happier, more confident and capable teenagers.

Enjoy being a parent more!

"I have learnt so much..... I still can't believe how amazing the contracts have gone down. They have done really well"

"You know as a mom of 5 I thought, I don't need a course. What can I learn but I think it's been great.....I have gained so much so thank you."



Overview

This is delivered* over 8 sessions -

Week 1 – Positive Parenting

Week 2 – Encouraging appropriate behaviour.

Week 3 – Managing problem behaviour.

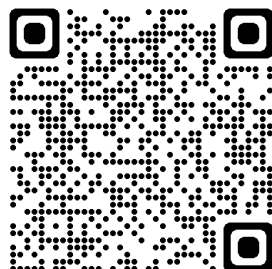
Week 4 – Dealing with risky behaviour.

Week 5 – 7 Implementing routines.

Week 8 – Session close

Weeks 5 to 7 will be calls where parents/carers will be supported with implementing the routines and skills learnt.

**This is also available via online modules*



Would you like to help your child to manage anxiety? Would you like to understand more about anxiety and know how to help support your child

Fear-Less

is the course for you!

This course is only available to complete online.

There are lots of videos and fun interactive learning.

The modules will help.....

Get a better understanding of anxiety and fear.

Develop a range of tools and skills to support your child.

Develop children to build their own toolkit of coping skills to overcome anxiety.

To break the cycle of anxiety & avoidance in a safe and gradual way.

Understand what is within your control to change.

Improve your relationship with your children.

Enjoy being a parent more!

Contact your local family hub to register your interest in the great programme or to find out more.



Workshops

These are short 1½ hour sessions where you can pop along and find out more about a specific topic. There will be sessions delivered to suit the age of your children and needs of your children.

Sessions will be delivered to support parents of younger children, pre-teens and teenagers and parents/carers of children and young people with SEND.

Workshops will cover topics such as communication, sleep, emotional regulation, safety & other topics.

Keep a look out on our social media pages and the family hubs pages to see when the workshops are taking place and which would be right for you.

To find out more contact your local family hub who will be able to give you more details.

**Do you have a child or young person with SEND?
Would you like to further your knowledge? Would
you like to add some additional strategies to your
toolkit?**

Stepping Stones

Stepping Stones is the programme for you if you have a
child or young person with SEND (this does not need to be a
diagnosed need)

You will have the opportunity to...

Learn new and additional tools to support your child or young person's needs.

Understand and develop Positive parenting.

Find out about different ways to communicate.

Support to implement new skills and tools learnt during the sessions.

Develop behaviour management skills that meet your child or young person's needs.

Looking after you as the parent/carer

"A fantastic Program and even better duo who have listened to everything and gave me so much advice. Can't fault them. they were very informative and have helped me through alot of problems. Thankyou"



Overview

This is delivered over 9 sessions -

Week 1 – Positive Parenting

Week 2 – Promoting Children's development

Week 3 – Teaching new skills and behaviours

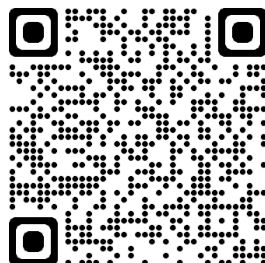
Week 4 – Managing behaviours and routines

Week 5 - Planning ahead

Week 6 - 8 – Implementing Parenting routines

Session 9 – Session close

Weeks 6 to 8 will be calls where parents/carers are supported with implementing the routines and skills learnt.



Do you have a child or young person with Autism?

Come along to

Cygnnet



Cygnnet is the programme for you if you have a child or young person on the pathway to diagnosis or diagnosed with Autism.

You will have the opportunity to...



Increase your knowledge of autism and the key differences for autistic children.

Understand your child's perspective and view on the world.



Develop a practical toolkit that can be beneficial to meet your child's need and tackle unwanted behaviours.

Find out about support and resources, locally and nationally.



Provide the opportunity to meet other parents and create a support network.

'I now better understand what is Autism & how it differs in other areas'. She also commented 'I have gained a lot from attending e.g. how I can control the environment my child is in at all the time & how I can manage the outcome from his outburst'. She continued by stating 'I kept on attending this course as every section is different & I have gained a lot of knowledge in which I now adopt in my house'.

To find out more or book onto a programme please contact your local family hub.

Overview

This is delivered over 7 sessions -

Week 1 – Introductory Session.

Week 2 – Autism an overview.

Week 3 – Sensory needs.

Week 4 – Communication.

Week 5 – Understanding behaviour.

Week 6 – Supporting behaviour.

Session 7 – Parents choice session.

Week 7 is led by parents, it could be to recap a topic they would like to go over. We also invite in agencies that can support the family moving forward such as Autism West Midlands and SENDIASS.

