Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Worcestershire Parenting Service

Groups for parents

Provided by:

NHS
Worcestershire Health and Care
NHS Trust

In partnership with:

Action for Children

Barnardos

Redditch Borough Council
making a difference
www.redditchbc.gov.uk

Things to remember...

We can meet families on a one to one basis initially or talk on the phone to see which course would be the right one.

Before coming to one of our groups please call ahead to book a place using the info on page 15.

There is no criteria - everyone is welcome.

If in doubt which group is best, please call us - we know our groups inside and out!

If you feel the groups in this booklet do not fit your needs please still let us know as we can provide additional groups too.

We also distribute Healthy Start Vitamins from our Family Hubs.

All the groups in this booklet are FREE to attend.

We can also signpost to online parenting courses.

We can also support parents to access childcare including free childcare.

Some of our groups have a crèche.

Understanding Your Child

Worcestershire parents, carers and grandparents can now access innovative ONLINE guides about children aged from 0-18 years. Worcestershire County Council have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation) and we are therefore delighted to offer you **FREE** access to the courses, normally £19-£39 per person.

Understanding Your Child was established 20 years ago by psychologists, health visitors and other health professionals. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.

There are 9-11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.

1 Understanding Pregnancy, Labour, Birth and Your Baby - Antenatal Online Guide

The guide covers:

- Relaxing & breathing
- Getting to know your baby in the womb
- You, your baby and the stages of labour
- Birth positions
- Feeding your baby
- Fathers and babies
- After your baby is born

2 Understanding Your Baby - Postnatal Online Guide

The guide covers:

- Understanding feelings: both yours and your baby's
- Understanding your baby's brain
- Understanding and responding to crying
- Your baby's rhythms, sleep patterns, & feeding
- Fathers and babies
- Babies development and play
- Thinking about childcare

3 Understanding Your Child (for parents of children aged 6 months - 18 years)

The guide covers:

- Responding to how your child is feeling
- How your child develops
- Different styles of parenting
- How your child communicates
- Understanding your child's behaviour
- Sleep, Self-regulation and anger

4 Understanding Your Teenager's Brain

The guide covers:

- Teenager's brain development
- Teenagers and reading faces
- Risk taking
- Risk taking and friends
- Sensitivity to rejection
- Teenagers and sleep

To access these online guides visit
www.worcestershire.gov.uk/parentguides

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

worcestershire county council

Do you need help with childcare?

Contact the Family Information Service at your local Family Hub below if you need help with finding and applying for childcare

Bromsgrove

Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW

startingwell@bromsgroveandredditch.gov.uk

01527 835775 or 07943 832294

Malvern Hills

Sunshine Family Hub, Bluebell Close, Malvern, WR14 3SW

worcestercityhelp@actionforchildren.org.uk

01684 577442 or 07738 888172

Redditch

Holly Trees Family Hub, Mabey Ave, Riverside, Redditch, B98 8HW

startingwell@bromsgroveandredditch.gov.uk

01527 61360 or 07506 554297

Worcester City

Saffron Family Hub, Stanley Road, Worcester, WR5 1BD

worcestercityhelp@actionforchildren.org.uk

01905 767107 or 07984 005504

Wychavon

WANDS Family Hub, Farmers Way,Droitwich, WR9 9EQ

worcestercityhelp@actionforchildren.org.uk

01905 827391 or 07872 503058

Wyre Forest

Brookside Family Hub, Borrington Road, Kidderminster, DY10 3ED

admin.wyreforest@barnardos.org.uk

01562 827207 or 07738 860812

Half Crown Wood Family Hub, Princess Way, Stourport-on-Severn, DY13 0EL

admin.wyreforest@barnardos.org.uk

01299 877920

Did you know...

- Some 2 year olds could receive up to 15 hours of free childcare a week
- All 3 and 4 year olds can receive up to 15 hours of free childcare a week
- Some 3 and 4 year olds can receive up to 30 hours of free childcare a week
- There could also be additional funding if your child has a special educational need and/or a disability
- Your free childcare can be used at many nurseries, pre-schools and childminders near you
- You can get a list of childcare places near you online at: worcestershire.gov.uk/freechildcare

You will need to know your national insurance number to apply

Apply online at
www.worcestershire.gov.uk/freechildcare

worcestershire county council

SESSIONS FOR PARENTS TO BE

Birth & Beyond Worcestershire transition to parenthood sessions

These FREE sessions facilitated by the Starting Well Team & Health Professionals will provide information on:

- Getting to know your unborn baby
- Changes for you/partner
- Giving birth & meeting baby
- Your health & wellbeing (Parents)
- Feeding, bathing & practical care of your new baby
- Who is there for you - people & services

We recommend you start Birth and Beyond Worcestershire between 28 - 32 weeks of pregnancy. Sessions run over 4 consecutive weeks and last 2 hours with a further session after your baby is born.

Employment rights: You are entitled to paid time off work to attend.

Peep - Learning Together Programme

This course lasts for 10 weeks and each session is 1 hour.

Peep Learning Together Programme helps parents build on their home environment by making the most of everyday opportunities such as:

Listening | Talking | Playing
Singing | Sharing books

This course supports parents in encouraging their babies and children to become confident communicators and active learners ready for school.

Children and parents attend together.

Groups are separated into ages to focus on the child's stage of development. (Baby Peep and Mini-Movers)

Henry: A great start

A free, fun, 8 week group of 2 hour sessions for parents.

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?
- See your child eat more fruit and vegetables?
- Gain ideas to help with family routines?

Groups are separated into two age ranges:

HENRY: Healthy Families - for parents/carers with children aged 0 to 5yrs (incl.)

HENRY: Growing Up - for children and their parents aged 4 to 12yrs.

Understanding Your Child

Group for parents

Would you like to know more about your child's development?

Would you like a better understanding of your child's behaviour?

Come along to this relaxed, fun group to explore issues like:

Developmental needs | Having fun
Communication | Sleep | Behaviour difficulties

Consisting of 10 sessions for 2 hours, the group is suitable for families with children and young people from birth to 19 years.

Children 0 - 19 yrs

Understanding Your Child

with Special Needs / Autistic Spectrum Disorder

An 8 - 10 week group with sessions designed to give parents and carers the opportunity to meet new people who may be experiencing similar issues and develop their knowledge through peer support.

- Behavioural difficulties
- Understand brain development
- Developmental and play needs
- Parenting styles
- Explore feelings
- Ways to relax
- Attachment
- Relationships

Children 9 months - 11 yrs

The Incredible Years® Autistic Spectrum Disorder Groups for Parents

An 12 - 14 week group for parents of children aged 2 - 6 years who are on the Autistic Spectrum and/or with Language Delay.

The aims are to:

- Increase children's social skills/relationships with others
- Increase children's emotional self-regulation
- Increase the child's empathy skills
- Decrease behaviour problems
- Increase children's language development

The Incredible Years® Groups for Parents

A 12 week group for parents of children aged 2 - 8 years. Each session lasts 2 - 2.5 hours including a break.

This course will enable you to:

- Help your children reach their potential
- Enjoy parenting
- Build up a pyramid of support with a strong emphasis on play and interaction with children
- Develop skills in imaginative and creative play
- Use boundaries
- Manage behaviour through praise
- Develop ignore and reward strategies
- Encourage and support your child's development
- Learn new ways of dealing with common problems

Understanding Your Teen

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

An 8 - 10 week group with sessions designed to give parents and carers the opportunity to meet new people who may be experiencing similar issues and develop their knowledge through peer support.

- Behavioural difficulties
- Developmental needs
- Parenting styles
- Explore feelings
- Ways to relax
- Attachment
- Understand brain development
- Relationships

Peer Support Induction Programme - 10 week course

Are you a parent, grandparent or someone with parenting experience? Or do you wish to pursue a career working with families?

If you have some spare time to give to others, have an interest in supporting other parents and a passion to develop community resilience... this course could be just for you.

You can expect to gain:

- Skills to enable you to support in parenting courses and ultimately deliver to parents
- Opportunities for personal development and training opportunities
- Satisfaction from contributing to the health and well-being of others
- Increased awareness of the local community and available services
- Increased self-confidence and self-esteem

Did you know you can get FREE Healthy Start Vitamins?

Contact your local Family Hub using the details on page 15 to find out more.

HEALTHY START

Department of Health, Social Services and Public Safety | GIG CYMRU NHS WALES | healthier scotland SCOTTISH GOVERNMENT | NHS

Did you know that we offer virtual groups?

To find out more please contact your local Family Hub using the details on page 15.

It couldn't be easier...

There is no criteria, and no forms to complete - just call the contact details below, however, we will need to ask you some information to be able to ensure you access the right course at the right time. You can also submit a form online at **www.startingwellworcs.nhs.uk**

Bromsgrove
call Pear Tree Family Hub on 01527 835775

Malvern Hills
call Sunshine Family Hub on 01684 577442

Redditch
call Holly Trees Family Hub on 01527 61360

Worcester City
call Tudor Way Family Hub on 01905 749149 or
Saffron Family Hub on 01905 767107

Wychavon (Droitwich, Evesham and Pershore)
call WANDS Family Hub on 01905 827391

Wyre Forest
call Brookside Family Hub on 01562 827207 or
Half Crown Wood Family Hub on 01299 877920

Please ring ahead to check opening times.
We look forward to taking your call!

Parenting support is also available from other providers. Parents can speak to their child's school, health visitor or school nurse for more information.

Starting Well Partnership
Worcestershire Health and Care
NHS Trust
2 Kings Court
Charles Hastings Way
Worcester
Worcestershire
WR5 1JR

Do you have a concern, complaint or comment?

Contact: Patient Relations Team, Worcestershire Health and Care NHS Trust, 2 Kings Court, Charles Hastings Way, Worcester, Worcestershire, WR5 1JR
Tel: 01905 681517 Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?
If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

Delivered on behalf of
worcestershire county council
Sure Start Children's Centres Worcestershire
can parent Quality Mark