

Parenting Workshops (Delivered in Primary Schools)

These 2 hour workshops are aimed at meeting parent's needs to deal with parenting challenges, to improve the young person's emotional wellbeing and reduce the need for intervention from other agencies.

Early Help

Children ages 0 to 18 years old

Main role: to deliver courses to support parents in improving their child's behaviour.

Benefits: Improving parent and child relationship, consistency in parenting, children's welfare, improved school attendance, improved emotional health and progress towards work.

Practitioners will work on a one to one basis if the parent has health problems which prevent them attending a group or if they work full time.

HeadStart Children aged 10 to 16 Years old (appointment only)

Main role: to provide parenting support to help parents to improve their families emotional wellbeing.

Parents can access one to one support as well as a range of groups to meet their needs.

Benefits: tips and skills which will help parents to improve family communication, boundaries and routines, behaviour, dealing with stressful situations effectively and to support them to improve their child's emotional health and wellbeing.



To book an appointment or for an informal discussion, please contact one of the telephone numbers below:

North Locality - 01482 828 901
East Locality - 01482 708 953
West Locality - 01482 305 770

Parent's Feedback

"Mum listens more to what I say, we don't argue as much" Parent : we spend much more time together now and life at home has changed so much for the better since we came on the course" Young Person, SF 10-14 2018

"I have learned to stay calm and think more before I talk to my son, I think much more about how he feels about things" "I am much more confident now and have made some new friends " Parent, SFSC 2018

"I recognise that I have to work on my behaviour and how that affects my daughters" Parent, Family Links 2019

"I feel more confident in dealing with my child's behaviour now in different ways" Parent, Family Links 2019

If you would like more information or to discuss any of the parenting courses, please contact an Early Help Locality Co-ordinator on one of the telephone numbers below:

North Locality Hub – 01482 828 901
East Locality Hub - 01482 708 953
West Locality Hub - 01482 305 770
or visit www.hull.gov.uk/parentingcourses

If your child has special educational needs or a disability please go to <http://hull.mylocaloffer.org>



Local Authority Parenting Offer

Information on how to help make the job easier



www.hull.gov.uk/parentingcourses



Parents do a fantastic job, but there are times when some extra support may be needed.

The following courses are available to support families and gives them the opportunity to make new friends and meet other parents:

Strengthening Families 10 -14

Strengthening Families 10-14 involves 7 weekly 2 hour sessions for both parents/carers and the young person. These sessions are made to help families improve on how they communicate and relate to each other as a family.

Strengthening Families Strengthening Communities (SFSC)

SFSC is a 15 week course where parents have to attend 4 hours per week. The course has strategies to manage children's behaviours, positive family relationships, building on family strengths and other life skills that can support parents to bring up their children to become responsible happy young adults. SFSC is suitable for families with children aged around 3 to 18 years old who either live with their children or have regular contact with them. Parents need to be available during the day.

Triple P (Teen)

Triple P is an approach that aims to help children develop to grow up to be healthy responsible teenagers and adults who feel

good about themselves. The course runs for 8 weeks – 2 hours per week. These sessions are suitable for parents/carers of children aged 11 to 18 years old

Supported Separated Families (SSF)

This course provides a “taster” of parenting courses such as SFSC and Family Links Nurturing. It runs for 4 weekly sessions of 2 hours per week. Those suitable for this course are parents who don't have care of their children however they DO still have contact with them.

Family Links Nurturing

Family Links Nurturing is a 10 week programme which aims to help adults understand and manage feelings, behaviour and become more positive and nurturing in their relationships with their children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning. These sessions are suitable for parents/carers of children aged 2-11 years old who are living with them or involved in regular contact and parenting.

Incredible Years

Incredible Years is a 16-20 week course for families with children aged 2-8 years old who are living with them or involved in regular contact and parenting. Incredible Years is a positive parenting course which is aimed at improving relationships, controlling emotions, modelling social skills and child directed play. It enables parents to understand and effectively manage challenging behaviour.

These sessions are suitable for parents/carers of children 2-8 years old who are living with them or involved in regular contact and parenting.

Triple P

This course runs for 8 weeks - 2 hours per

week. 4 week course delivery, then 4 weeks follow up.

Triple P is an approach that aims to help children develop to grow up to be healthy responsible teenagers and adults who feel good about themselves. It is a parenting and family support system designed to prevent, as well as treat, behavioural and emotional problems in children. It aims to prevent problems in the family, school, and community before they arise and to create family environments that encourage children to realise their full potential.

HENRY (Health, Exercise, Nutrition for the Really Young)

These sessions are suitable for parents/carers of children aged 0-8 years old who are living with them or involved in regular contact and parenting. HENRY helps parents/carers think about how they can help their families be healthier and more active. It covers five main themes:

- Parenting
- How we eat
- What we eat
- Being active
- Emotional wellbeing

Online Parenting Guides

Gain more confidence as a parent-to-be, parent, grandparent and carer and try these free handy parenting guides full of top tips and advice.

Each module only takes 15-20 minutes to complete and they can all be completed flexibly at an individual's own pace.

There is indefinite access – once the access code has been used the login details will not expire and access to the guides is available for years to come. Find out more about our Parenting Guides by visiting www.hull.gov.uk/parenting