

Are you a PARENT or CARER In East Sussex?

We are here to help!

What's on
October, November and December 2023



Introduction

Is it October already? And dare we even mention that Christmas is just around the corner?! On the plus side perhaps the darker evenings mean earlier bedtimes... or is that just wishful thinking?

Whether it is support with screentime, getting your child to sleep or building your teen's survival skills and resilience or managing anxiety that you could use some tips on, the Parenting Team has got you covered!

We are here to support you with our variety of online courses, each with specific tips on how you can deal with the most common behaviour problems; and best of all, these evidence-based methods have already been successful in supporting families worldwide through times of crisis. So, you don't have to do it alone; we'll get through this together. Parents and carers can access as much or as little as they like, and just small changes will make a big difference!

The Parenting Team use Microsoft Teams which is free to download and accessible from phones, tablets, and laptops! Just simply choose the support you would like to access and email us which course you would like to attend:

EH.0-19parentingteam@eastsussex.gov.uk

Once you have joined the discussion you can choose to have your microphone and camera either on or off (whichever you are more comfortable with), but we do encourage you to try some face to face with the other parents as the more you engage, the more supported and confident you will feel!

"My biggest parenting conundrum: why is it so hard to put someone who is already sleepy to sleep?" –Chrissy Teigen

What We Offer

ONLINE Webinars 1-2hours (all ages)

Most of the time parenting is great fun, you know you are doing a good job; but there are times when things get a little tricky.

Like when your toddler won't eat her dinner; or your six-year-old won't pick up his toys? Maybe your child never seems to listen? Or does your teenager only grunt? Sound like your life? If only someone could give you some ideas to make those times easier!

We can, so come along and join us!

Each webinar lasts between 1 to 2 hours, you'll watch short video clips showing other parents dealing with the same issues and you'll be encouraged to share your thoughts with the other parents in the group, if you wish to. You'll also be given a workbook with simple exercises and information to help you try your new strategies at home.

What We Offer

ONLINE Positive Parenting Groups (all ages)

Courses take place over 6-8 weekly sessions

From the very start of your chosen course, you will receive tips and suggestions to fit the needs of your family. Your workbook will give you tools and information to start positive parenting right away at home. All parenting groups consist of 6-8 group sessions, with other parents, in weekly 2-hour webinars, together with phone advice and support from the team. There is a group for every age, every ability and every parent will leave with a personalised parenting plan. Evidence shows that parents completing these courses show significant improvements in their stress and anxiety levels, also an improvement in their confidence and capabilities as a parent.

Email: EH.0-19parentingteam@eastsussex.gov.uk for more information

What We Offer

Family Hub and Youth Hub Drop in Sessions

(all ages)

Taking place in a Family Hub or
Youth Hub near you!

We know that being a parent of a child or a young person who is struggling can be a worrying and difficult time, so we aim to support parents and carers in a variety of ways.

We are now running a range of drop-in sessions specifically for parents/carers, which are free and will take place throughout the year. *No need to book* just come to a Family Hub or Youth Hub to meet a member of the team and discuss ways in which we can support you with your parenting concerns.

Email: EH.0-19parentingteam@eastsussex.gov.uk to find your nearest Family or Youth Hub.

Drop in and Meet the Team!

Family Hub and Youth Hub Drop in Sessions **(all ages)**

- ***The Archery Youth Hub Eastbourne*** 9-12pm – Friday 10th November, Friday 8th December.
- ***Devonshire Family Hub, Eastbourne*** 1-4pm – Monday 9th October, Monday 13th November.
- ***Hailsham East Family Hub*** 9-12pm – Monday 13th November.
- ***Shinewater Family Hub, Eastbourne*** 9-12pm – Friday 3rd November.
- ***Uckfield Family Hub***, 9-12pm – Friday 3rd November., Friday 1st December
- ***Hollington Youth Hub*** 9:30-12:30 – Wednesday 18th October, Wednesday 15th November.
- ***Sidley Family Hub*** 9:30-12pm – Tuesday 10th October, Tuesday 7th November.
- ***More coming soon!***

Email: EH.0-19parentingteam@eastsussex.gov.uk to find your nearest Family Hub.

Let's Book You In! **WEBINARS**

The Power of Positive Parenting (2-8 years) 90 minutes

EH.0-19parentingteam@eastsussex.gov.uk

This seminar is perfect for new parents, or those who need a refresh!

It introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are: -

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent



Thursday 5th October 1-2:30pm

Monday 30th October 10-11:30am

Wednesday 6th December 1-2:30pm



Let's Book You In! **WEBINARS**

Managing Anxiety and Raising Resilient Children

(2-12 years) 90 minutes

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This session is for parents who want to develop their child's understanding of feelings, and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

Thursday 12th October 10-11:30am

Monday 6th November 1-2:30pm

Thursday 14th December 6:30-8:30pm



Let's Book You In! **WEBINARS**

Turning Problem Behaviour into Positive Behaviour

(children with Additional Needs) 90 minutes

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This fantastic session discusses common behaviour problems such as hitting, shouting, and refusing to follow instructions. Gain skills in how to encourage appropriate behaviour and create your own useful parenting plan to make some positive changes at home!



Monday 16th October 10-11:30am

Friday 17th November 1-2:30pm

Tuesday 5th December 1-2:30pm



Let's Book You In! **WEBINARS**

Dealing with Disobedience (Getting Your child to Listen)

(2-12 years) 2 hours

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You say it once...twice...three times...maybe even more! As you get more annoyed you get louder, then, before you know it, you're yelling! Only then do your kids finally follow your instruction, reluctantly doing as they are told. Or maybe your toddler or child starts yelling back! If you're wondering how to get your kids to listen without yelling, it helps to start to understand what could be making them behave this way.

All children misbehave at times, and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word *No*

Tuesday 3rd October 6:30-8:30pm

Thursday 9th November 12:30-2:30pm

Monday 4th December 10-12:00pm



Let's Book You In! **WEBINARS**

Managing Fighting and Aggression (2-12 years) 2 hours

Fed up with constantly asking your children to “play nicely” or “stop fighting!”?

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When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Wednesday 4th October 12:30 – 2:30pm

Thursday 2nd November 6:30-8:30pm

Friday 15th December 10-12:00pm



Let's Book You In! **WEBINARS**

NEW!

Healthy Sleep Webinar (4-11 years)

EH.0-19parentingteam@eastsussex.gov.uk

For the first time The Parenting Team will be working alongside the East Sussex School Health Team to deliver a new FANTASTIC webinar around healthy sleep.

So, let's talk about sleep! What's normal? How do we cope?
Knowledge is power.

This webinar aims to highlight current evidence, and help parents understand their children's sleep a little better. Explore healthy sleep routines and learn how to build good foundations for a lifetime of good sleeping habits.

Monday 2nd October 10-11:00am

Wednesday 8th November 1-2:00pm

Thursday 14th December 11-12:00pm



Let's Book You In! **WEBINARS**

Hassle Free Mealtimes

(2-12 years) 2 hours

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Want to discover the reasons why children's behaviour can be challenging at mealtimes? Want to increase food variety and encourage good mealtime habits?

While mealtimes can be one of the most difficult times for parents, with a little planning, they can become enjoyable for the whole family. This discussion group will help you encourage the type of mealtime behaviour you want to see, reduce mealtime behaviour problems and fussiness, and make mealtimes easier on you as a parent.

Tuesday 31st October 12:30-2:30pm

Wednesday 13th December 12:30-2:30pm



Let's Book You In! **WEBINARS**

Reducing Family Conflict (10+ years) 2 hours

EH.0-19parentingteam@eastsussex.gov.uk

Increased conflict with children during their teenage years is common but can be upsetting for the whole family.

This discussion group gives some positive parenting suggestions to help teach your teenager how to get along with others in the family, without constant fights and arguments.

Monday 16th October 6:30-8:30pm Friday 17th November 10-12:00pm

Monday 18th December 12-2:00pm



Let's Book You In! **WEBINARS**

Coping with Teenagers' Emotions (10+ years) 2 hours

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The transition from child to adult can often make teenagers highly emotional. Parents may find this upsetting and difficult to manage as it can cause disagreements and frustration for everyone. This session will give ideas on how to develop your teen's coping skills and emotional resilience.

Wednesday 11th October 12:30-2:30pm Tuesday 7th November 6:30-8:30pm

Monday 27th November 10-12:00pm



Let's Book You In! **WEBINARS**

Managing Screen Time (2-10 years) 2 hours

EH.0-19parentingteam@eastsussex.gov.uk

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and even smartwatches.

We understand the challenges parents face in the ever-changing digital world – this webinar will support you through tricky conversations, digital dilemmas and setting them up safely.

Tuesday 17th October 12:30-2:30pm

Thursday 30th November 12:30-2:30pm



Let's Book You In! **WEBINARS**

Managing Screen Time (10+ years) 2 hours

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How could we live without our smartphones, laptops, and other devices that allow us to go online? That's how most of us keep in touch with friends and family, take pictures, do our homework, find out the latest news, and shop.

But besides the millions of sites to visit and things to do, going online offers lots of ways to waste time — and even get into trouble! Join this webinar for some top tips on how to have open conversations and keep your teens safe online.

Monday 30th October 12:30-2:30pm

Thursday 7th December 6:30-8:30pm



Let's Book You In! **GROUPS**

To book onto any of these, please email your name, the title and date of the group you wish to attend to: EH.0-19parentingteam@eastsussex.gov.uk

Or call 01424725800 to discuss options.

New Forest Parenting Programme – 7 weeks

(2-10 years) (Children with Additional Needs)

The New Forest Parenting Programme (NFPP) is for parents with a child between the ages of three and 11 with moderate to severe symptoms of ADHD.

NFPP takes place online and during these sessions, parents are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parents also learn strategies for managing their child's behaviour and attention difficulties.

Tuesdays 31st October – 12th December 10-12pm



**New Forest
Parenting Programme**

Helping parents to help children with ADHD

Let's Book You In! **GROUPS**

Triple P Group FEAR-LESS (ALL AGES) – NEW! 7 weeks

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Fear-Less Triple P is designed for parents (and caregivers) of children with moderate to high levels of anxiety that cause significant distress or negatively impact on their everyday functioning. Fear-Less Triple P has four main goals:

- To help parents set a good example of coping with anxiety
 - To assist parents to coach all their children to become emotionally resilient
- To help parents develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents choose effective ways to respond to their children's anxiety

Wednesday 1st November – 13th December 6:30-8:30pm



Let's Book You In! **GROUPS**

S.T.O.P

Teen Programme for Parents (10+ years) – 7 weeks

EH.0-19parentingteam@eastsussex.gov.uk

The STOP programme is a step-by-step course for parents with pre-teen or teenagers (10–16-year-olds). The course aims to improve family communication through learning how to really listen and de-code what your teen is really saying or needing. As your teen is developing and changing, knowledge on effective behaviour management skills and brain development will help you, as a parent, feel in control yet still sensitively respond to your teen's needs. The STOP Programme also gives information on key parental concerns for this age group such as drugs, drink, sexual health and aggression in young people. This course is mindful of parents/carers needs and emotions *as well as* the teenagers.

Wednesdays 1st November – 13th December 10-12:00pm



Let's Book You In! **GROUPS**

Amity Relationship Solutions Course – 7 weeks

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Do you and your partner have different opinions on the best way to parent?

Wish you and your partner could be more on the same wavelength when it comes to parenting?

Positive couple relationships can hold the key to effective parenting, educational attainment, emotional wellbeing, and quality of life in later years. This group explores what a healthy relationship looks like, the impact of conflict on children, what your conflict looks like and how to manage your parenting styles. Amity Relationship Solutions can help you develop healthier, more positive relationships which can make parenting much more manageable!

Thursdays 2nd November – 14th December 10-12:00pm



Further Information

Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support and advice to help build a positive relationship with your child or your partner, we can help.

Check out our website and Facebook page for regular updates on available courses and events. www.openforparents.org.uk and <https://www.facebook.com/OpenforParents>.

Please call the team on 01424 725800 or email: EH.0-19parentingteam@eastsussex.gov.uk for further support.

Kind Regards,

East Sussex Parenting Team



The Parenting Team are always striving to offer the best and most appropriate help and advice to our parents in East Sussex and with this in mind – we would greatly appreciate your thoughts!

If you have a parenting related concern that you feel is not covered by our current groups and webinars, then please do take a few minutes to scan our QR code OR click on the link and leave us some feedback and suggestions.

<https://www.surveymonkey.co.uk/r/XMTLXKY>



Thank You!