

Surestart/Family Hubs Parenting offer...

For more information regarding the courses please contact us through our email address at familyhub@southampton.gov.uk.

Being a Parent

9 week course

For parents and carers of children aged between 2-11 years

Supporting parents to learn practical communication skills to enable our children to be, confident, happy and co-operative.



Living with Teenagers

9 week course

For parents and carers of young people aged 11-16 years

Bring up happy and self-confident young people.

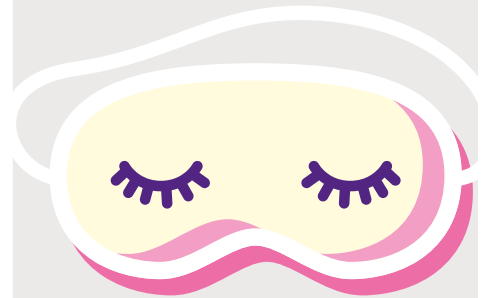
The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication
- Expressing and acknowledging feelings
- Discipline

Project You

6 week course

Project You is a self-discovery journey, enabling parents to find themselves, take some self-care and learn coping strategies for when life gets a bit too much!



Understanding Behaviour

2 x 2 hour workshop (both need to be attended)

Parents/carers of children aged 2 and above

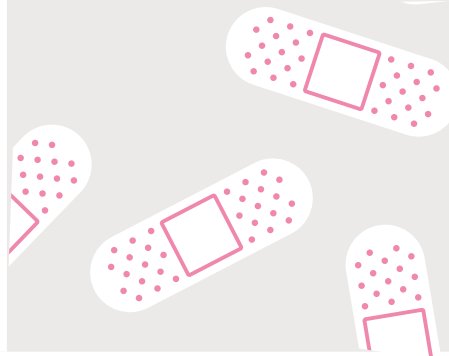
When it comes to developing an understanding of why our children behave the way they do it can be CONFUSING.

This workshop helps to empower parents to understand behaviours and feel motivated to respond in a more positive way.

Emergency First Aid

2-hour workshop

Gain confidence and learn how to deal with everyday lumps, bumps and bruises and accidents in the home.



Incredible Years

12 weeks course

For parent/carers of children aged 1-7 years

Programme aims to promote positive parenting
Support parent-child relationships
Increase use of positive strategies to enhance children's positive behaviours, including play, praise and rewards.

Happy Baby (Baby Massage)

4 week course

For parents with babies over 6 weeks old to non-mobile.

Come and enjoy time with your baby.

Trainer: IAIM
Certified Facilitator



New Forest Parenting Programme

6 week course

For parent/careers with children of 5-12 years

The NFPP Program is designed to help parents whose children are displaying difficulties with their attention who are hyperactive and can be impulsive-these are the feature of ADHD. It is specifically designed to target these difficulties.

Cook and Eat

6 week health and nutrition cooking course

For parents/carers with children over 1 years

The course provides an opportunity to:
Learn about healthy portion sizes
Useful tips on menu planning
To produce healthy home cooked family meals on a budget
The opportunity to experiment with cooking different dishes
Practical cooking skills

Get Outside

6 weeks course

For parents and carers of 2 years and over

Make the most of learning in outside spaces with fun activities for you and your children
Including stories, nature, crafts and more.



Parent Leader Training

This course offers parent/careers the opportunity to participate in an 11 week training programme enabling them to facilitate parenting programmes within the community on a voluntary basis.

Successful applicants will receive certification from EPEC and an AQA accreditation.

On-going training and development workshops will be offered.

NVR

For parents/carers with children aged 4 years and up

NVR (Non Violent Resistance)
For parents/ carers with a child who exhibits controlling or violent behaviours. This can include withdrawing from the relationship, isolating or hurting themselves as well as becoming outwardly angry and verbally and physically aggressive.
The course may be especially helpful for families who have tried other parenting methods and find they need a different approach.
The course will teach specific strategies using the concept of peaceful protest.