

Further information

Courses are free and assistance with transport is available via the NHS Low Income Scheme if criteria are met. Some courses may offer a crèche if there is enough demand. These details can be confirmed once a referral has been accepted.

Parents are encouraged to commit to the full programme and share their own skills to gain the most benefit. There are usually around 8-12 parents on the course. Mothers, fathers, partners and carers are able to attend. Certificates are presented at the end of the course.

If you feel one of these programmes would help you and your child, please speak to your GP, school nurse or any other professional you have contact with and ask them to refer you.

Privacy

We only share information in situations where we have either spoken to you, or where it is vital to do so quickly and we are unable to talk to you.

There are also legal reasons that require the NHS to share information. These include child protection, controlling infectious diseases and protecting vulnerable individuals.

Tell us your views

If you have a comment, concern, complaint or compliment about our services, please contact our Patient and Carer Service Experience Team on **0300 421 8313** or email experience@ghc.nhs.uk

Contact us

-  **Write to:**
Parenting Programme Office, Child and Adolescent Mental Health Service (CAMHS), Acorn House, Horton Road, Gloucester, GL1 3PX
-  **Telephone:** 01452 894320
-  **Fax:** 01452 894400
-  **Email:** ParentProgramOffice@ghc.nhs.uk

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Gloucester, GL3 4AW. You can email us at ghccomms@ghc.nhs.uk.

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Parenting Programme Team

Information for parents and professionals
about the programmes we offer

About the Parenting Programme Team

Parents and carers are the primary influences in helping their children to develop and grow, and it isn't always an easy job. Our courses offer support on managing behaviour and input on positive discipline techniques. They aim to build on your strengths as a parent and help you to feel confident in solving problems. By taking part you will be promoting your child's own self esteem.

The courses are delivered by experienced facilitators who are skilled in encouraging discussion around the modern struggles that parents and their children can face, for example; mild conduct disorder, worry and fighting against boundaries, rules and routines.

Current programmes

The Incredible Years Programme - written by Carolyn Webster-Stratton

For parents with children aged 2-12 years

A 12 week programme, meeting for two hours a week during term time at venues across the county. A range of methods are used to help you develop new and existing skills and build your confidence in promoting positive behaviours in your child. These include DVD clips, group discussions, practise activities and homework exercises. Programmes are run in a fun and friendly atmosphere and allow parents to meet with others who share similar goals.

Feedback from parents who completed the programme included:

"The course was fun, welcoming, informative, full of ideas that changed the way I think about parenting & has improved my relationship with my daughter".

"Thank you for the best course ever, it has changed our home life 100% we have so much more to keep doing, but we are on the right track".

Parents Plus Children's Programme – John Sharry and Carol Fitzpatrick

For parents of children aged 6-11 years

A practical and positive course on managing emotional/behaviour problems and promoting children's learning and confidence. Targeting the needs of primary school children, this evidence based course can be 7-10 weeks long depending on school term timetables. Each week the sessions are divided into positive parenting and positive discipline strategies to help parents not only solve discipline and other childhood problems, but also for parents to develop closer and more satisfying relationships with their children. The course incorporates video clips, practice activities and checklists to promote group discussion and for parents to identify their strengths.

Feedback from parents who completed the programme included:

"My initial thought was about the stereotypical 'type' of person that would be on the course and how they wouldn't be 'my kind of people'. How wrong was I and how pleased am I to have been proved wrong! I have met the most amazing parents (now friends!) on this course which has been the beginning of our journey to improving our families' way of life".

Supporting Your Anxious Child

For parents of children aged 2 – 12 yrs.

This course is based on the "From Timid to Tiger" programme devised by Sam Cartwright-Hatton. It is designed for Parents of Children with mild/moderate anxiety disorders including separation anxiety, social anxiety, generalised anxiety and specific phobias. During the course we work our way up the "Anxiety Pyramid", exploring reasons for anxiety. Drawing on the power of a group of parents all sharing a common concern, together we devise strategies and ideas to help children (and sometimes parents!) deal with life a bit better. The sessions are very informal, fun and non-judgemental. The course incorporates handouts, worksheets, parent participation and home activities.

Feedback from parents who completed the programme included:

"Gave everyone a voice. Tailored advice to each person. Created a supportive and constructive environment"

"I was initially annoyed to spend 10 weeks being told how to manage my child's anxiety which we have had no support with for years. However, this wasn't sitting and being told how we are failing. We have formed a support group and talk regularly, we are meeting up with the kids, safe in the knowledge we won't be judged by each other. It has been therapy, I feel lighter and less in our own bubble"

W.E.B.S : Working to Encourage Behaviour Strategies.

A course for parents and carers with children with special educational needs and disability (SEND) aged 3-16 years.

A 12 week programme designed to support parents/carers who have a child with special educational needs and disabilities. Using strategies adapted from The Incredible Years programme delivered by experienced and knowledgeable professionals who work with children with additional needs. The course aims to build on your existing knowledge and skills and will give you new strategies to manage some of the challenges you may encounter. The sessions are designed to be relaxed, friendly and fun, where you will be given the opportunity to try out some new ideas. All the parents in the sessions are going through similar experiences giving you the benefit of meeting other families and sharing ideas.

Feedback from parents who completed the programme included:

"It has been the most fantastic experience. I have learnt such a lot".

"The leaders were very helpful and full of fun and made me laugh".

"I thought the course was useful, it made me more confident in dealing with my child's behaviour and understanding his disability. I felt less isolated."

Helpful websites:

- www.familylives.org.uk - a national organisation to support parents and carers
- www.gloucestershire.gov.uk/fis - Gloucestershire Family Information Service
- www.youngminds.org.uk - The voice for young people's mental health and wellbeing
- www.ticplus.org.uk - Teens in Crisis provides face-to-face and online counselling services for young people aged 9-21 and their families.