

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

April to July 2024

<p>0-12 Triple P</p> <p>Parenting programme for parents of children 0 to 12 years. The programme promotes positive parenting strategies, coping and self-care skills.</p> <p>Duration: 8 weeks</p>	<p>Thursday 2 May 9.30am to 11.30am</p>	<p>Ferham Family and Children's Centre Ferham Road, Rotherham, S61 1AP</p>
<p>Teen Triple P</p> <p>Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.</p> <p>Duration: 8 weeks</p>	<p>Monday 11 June 10am to 11.30am</p>	<p>JADE Youth and Community Centre New Street, Dinnington, Sheffield, S25 2EX</p>
<p>Stepping-Stones</p> <p>This programme is for parents of children 0 to 12 years who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting.</p> <p>Duration: 9 weeks</p>	<p>Children's Disability Team Wednesday 17 April 10am to 12 noon</p>	<p>Kimberworth Place Kimberworth Road, Rotherham, S61 1HE</p>



www.rotherham.gov.uk/family-hubs

<p style="text-align: center;">Caring Dads</p> <p>Developed in a university partnership, Caring Dads is a group intervention program for men who have abused, neglected, or exposed their children to domestic violence.</p> <p style="text-align: center;">Duration: 17 weeks</p>	<p style="text-align: center;">Thursday 9 May 12 noon to 2pm</p>	<p style="text-align: center;">Ferham Family and Children's Centre Ferham Road, Rotherham, S61 1AP</p>
<p style="text-align: center;">Fear-Less</p> <p>Triple P is for parents (of children aged 6 to 14 years) who'd like to learn how to teach their children to manage anxiety effectively.</p> <p style="text-align: center;">Duration: 6 weeks</p>	<p style="text-align: center;">Tuesday 16 April 10am to 12 noon</p>	<p style="text-align: center;">Ferham Family and Children's Centre Ferham Road, Rotherham, S61 1AP</p>
<p style="text-align: center;">Understanding your Child's Behaviour Solihull Approach.</p> <p>The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing.</p> <p style="text-align: center;">Ages 0 to 19 years Duration: 10 weeks</p>	<p style="text-align: center;">Thursday 18 April for 10 weeks 9.30am to 11.30am</p>	<p style="text-align: center;">Aughton Early Years Centre Main Street, Aughton, Sheffield, S26 3XH</p>
<p style="text-align: center;">Triple P for Baby</p> <p>Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours.</p> <p style="text-align: center;">Duration: 8 weeks.</p>	<p style="text-align: center;">Thursday 9 May 9.30am to 11.30am</p>	<p style="text-align: center;">Unity Centre St Leonard's Road, Eastwood, Rotherham, S65 1PD</p>
<p style="text-align: center;">Sleep Tight</p> <p>This course helps parents understand the impact of poor sleep on behavior. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.</p> <p style="text-align: center;">Duration: 4 weeks</p>	<p style="text-align: center;">Wednesday 10 July 10am to 12 noon</p>	<p style="text-align: center;">Ferham Family and Children's Centre Ferham Road, Rotherham, S61 1AP</p>

All discussion groups are on a drop-in basis, please arrive at least 5 minutes before programme start time. No referrals required.

Discussion Groups

Short one-off group sessions that offer practical advice for tackling a specific problem behaviour.

Discussion Group Subject	Day/Start Date/Time	Venue
0-12 years		
Managing Fighting and Aggression	Friday 3 May 10am to 12 noon	Dinnington Early Help Centre School Street, Dinnington, Sheffield S25 2RE
Developing a good bedtime routine	Friday 19 April 10am to 12 noon	The Place Family Hub Coleridge Road, Rotherham S65 1LW
Dealing with Disobedience	Thursday 13 June 9.30am to 11.30am	The Place Family Hub Coleridge Road, Rotherham, S65 1LW
Teen		
Coping with Teenagers Emotions	Friday 17 May 9.30am to 11.30am	Dalton Family and Children's Centre Magna Lane, Dalton, Rotherham, S65 4HH
Reducing Family Conflict	Friday 14 June 9.30am to 11.30am	Brookfield Family Hub Lime Grove, Swinton, Rotherham, S64 8TQ
Getting Teens to Co-operate	Thursday 23 May 9.30am to 11.30am	The Place Family Hub Coleridge Road, Rotherham, S65 1LW

ONLINE PROGRAMMES

0-12 years Triple P

Triple P Online supports parents of young children (under 12 years).

Guide behaviour positively, set up routines and rules more easily, and have a calmer household.

Parents can access this directly by clicking the link below and registering their details:

www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Teen Triple P

Teen Triple P Online supports parents of tweens and teens aged 10 to 16 years, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood.

Parents can access this directly by clicking the link below and registering their details:

www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Fear-Less Triple P

Fear-Less Triple P Online supports parents of children aged 6 to 14 years with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques.

Parents can access this directly by clicking the link below and registering their details:

www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Me, You and Baby Too – An online course to help couples prepare for the transition to parenthood. Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (oneplusone.org.uk)

Arguing better – An online course for reducing parental conflict

Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (oneplusone.org.uk)

Getting it Right for Children – An online course for separating parents to minimise the impact of separation on children.

Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (oneplusone.org.uk)

Solihull Approach online

The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing.

Ages 0 to 19 years

Parents can access this directly by copying the below and pasting it into their browser and register for a free account

inourplace.co.uk/rotherham/

Contact the Evidenced Based Hub for Further Information on:

parenting@rotherham.gov.uk

To make a Referral:

Early Help Workers can complete Evidenced Based Intervention Form on EHM.

Social Care staff can complete a co-working request stating which programme is required.

Partnership agencies telephone: **01709 336080**

Parents and Carers telephone: **01709 336080**