

Positive Parenting - What's On Guide

Summer 2019

Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team delivers Triple P and Incredible Years programmes across Sheffield. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.



We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:

Triple P Seminars	This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.	To book a place on a seminar please use Eventbrite by following this link – https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258
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Triple P Discussion Groups	<p>The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.</p> <p>This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.</p>	<p>Booking for Discussion Groups is essential. To book on to a place please call the team on 0114 2057243 or email sheffieldparenting@sheffield.gov.uk</p>
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Group Parenting Programme	A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 9 – 15 weeks depending on the programme.	<p>Booking or referral to a programme is essential. Please contact us to discuss it in more detail on 0114 2057243 or email sheffieldparenting@sheffield.gov.uk</p>
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Below are the details of What's On this term. If you would like any additional information, please don't hesitate to contact the team on 0114 2057243 or sheffieldparenting@sheffield.gov.uk

Seminars

To book on a seminar, please use Eventbrite by following this link and selecting the correct session

<https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Seminars	Date	Time	Venue
<p>0-12 - Positive Parenting</p> <p>This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:</p> <ul style="list-style-type: none"> • Ensuring a safe engaging environment. • Creating a positive learning environment. • Using assertive discipline. • Having reasonable expectations. • Looking after yourself as a parent. 	Saturday 1 st June 2019	10.30am – 11.15am	Town Hall, Pinstone Street, S1 2HH
<p>0-12 - Raising Confident and Competent Children</p> <p>In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:</p> <ul style="list-style-type: none"> • Showing respect to others. • Being considerate. • Having good communication and social skills. • Having healthy self-esteem. • Being a good problem solver. • Becoming independent. 	Wednesday 19 th June 2019	6.30pm- 8.00pm	Greystones Primary School, Tullibardine Rd, S11 7GL
<p>0-12 - Raising Resilient Children</p> <p>Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:</p> <ul style="list-style-type: none"> • Recognising and accepting feelings. • Expressing feelings appropriately. • Building a positive outlook. • Developing coping skills. • Dealing with negative feelings. • Dealing with stressful life events. 	Additional seminars to be arranged		

<p>Teen – Raising Responsible Teenagers</p> <p>Practitioners introduce parents to the six key elements of teenager’s becoming responsible and specific ideas about how to teach and encourage each of the following skills:</p> <ul style="list-style-type: none"> • Taking part in family decision-making. • Being respectful and considerate. • Getting involved in family activities. • Developing a healthy lifestyle. • Being reliable. • Being assertive. 	<p>Wednesday 26th June 2019</p>	<p>9.15am- 11.00am</p>	<p>Arbourthorne Primary School, Eastern Avenue, S2 2GQ</p>
	<p>Saturday 6th July 2019</p>	<p>10.30am – 11.15am</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p>Teen – Raising Competent Teenagers</p> <p>Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:</p> <ul style="list-style-type: none"> • Developing self-discipline. • Establishing good routines. • Getting involved in school activities. • Being a good problem solver. • Following school rules. • Having supportive friends. 	<p>Additional seminars to be arranged</p>		
<p>Teen - Getting Teenagers Connected</p> <p>Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:</p> <ul style="list-style-type: none"> • Being confident. • Being socially skilled. • Planning ahead. • Meeting commitments. • Keeping in contact. • Taking care of others. 	<p>Tuesday 9th July 2019</p>	<p>5.30pm – 7.00pm</p>	<p>Sharrow Old Junior School, South View Road, S7 1DB</p>

Stepping Stones Seminars	Date	Time	Venue
<p>Positive Parenting for Children with a Disability This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:</p> <ul style="list-style-type: none"> • Parents Hope and Dreams • Developmental delay and disability • Some realities of being a parent • Children's behaviour, the tough part of being a parent • What is positive parenting? • Seven Key principles of being a parent. 	<p>Tuesday 4th June 2019</p>	<p>6.00pm – 7.30pm</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p>Helping your Child Reach their Potential This seminar looks at ideas to support parents to help their child get off to a good start by looking at:</p> <ul style="list-style-type: none"> • Choosing a skill to teach • Break the skill into steps • Choose rewards • Decide when and where to teach • Use effective teaching strategies • Keep track and review progress 	<p>Tuesday 25th June 2019</p>	<p>6.00pm- 7.30pm</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p>Changing Negative Behaviour into Positive Behaviour This seminar looks at common behaviour problems and key steps to manage them:</p> <ul style="list-style-type: none"> • Track the behaviour • Understand why behaviour is occurring • Change events that occur before the behaviour • Encourage alternative behaviour • Put your plan into action 	<p>Additional seminars to be arranged</p>		

Special Event

Annual Parent Conference

Woolley Wood School are hosting an Annual Parent Conference.

The agenda for the morning will be:

- Coffee and Registration
- Overview from Woolley Wood staff team
- Parent Speaker – sharing their journey
- Sheffield Parenting Hub Seminar– Changing Problem Behaviour into Positive Behaviour, mood management strategies and stress coping skills.
- Question and Answer session.

Free pack of information and tips to take away.

To book, please visit:

<https://www.eventbrite.co.uk/e/annual-parent-conference-tickets-59537652722>

Tuesday 11th
June 2019

9.30am –
12.00pm

Woolley
Wood
School,
Chaucer
Road, S5
9QN

Discussion Groups

To book on a Discussion Group please contact the team on 0114 2057243.

Discussion Groups	Date	Time	Venue
<p>0-12 - Dealing with Disobedience</p> <p>This discussion group covers why some children have difficulty learning to follow instructions. The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.</p>	Tuesday 25 th June 2019	9.30am- 12.15pm	Early Days Family Centre, 71 Palgrave Road, S5 8GS
	Thursday 11 th July 2019	5.30pm- 7.30pm	Sharrow Old Junior School, South View Road, S7 1DB
	Friday 27 th September 2019	10.00am- 12.00pm	First Start Family Centre, 441 Firth Park Road, S5 6HH
<p>0-12 - Managing Fighting and Aggression</p> <p>In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.</p>	Friday 12 th July 2019	10.00am- 12.00pm	Burngreave Family Centre, 19 Spital Street, S3 9LB

<p>0-12 - Developing Good Bedtime Routine</p> <p>This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.</p>	<p>Monday 3rd June 2019</p>	<p>5.30pm- 7.30pm</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p>0-12 – Hassle-Free Outings with Children</p> <p>This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.</p>	<p>Monday 12th August 2019</p>	<p>5.00pm- 7.30pm</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p>Teen – Getting Teenagers to Cooperate</p> <p>During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.</p>	<p>Tuesday 17th September 2019</p>	<p>5.00pm- 7.30pm</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p>Teen – Coping with Teenagers’ Emotions</p> <p>In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.</p>	<p>Thursday 13th June 2019</p>	<p>5.30pm- 7.30pm</p>	<p>Ecclesfield Secondary School, Chapelton Road, S35 9WD</p>
	<p>Friday 5th July 2019</p>	<p>10.00am- 12.00pm</p>	<p>Burngreave Family Centre, 19 Spital Street, S3 9LB</p>

<p>Teen – Building Teenagers’ Survival Skills</p> <p>This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.</p>	<p>Thursday 8th August 2019</p>	<p>12.00pm – 2.00pm</p>	<p>The Meadows Family Centre, 349 Shirecliffe Road, S5 8XJ</p>
<p>Teen – Reducing Family Conflict</p> <p>During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.</p>	<p>Friday 14th June 2019</p>	<p>10.00am – 12.15pm</p>	<p>Burngreave Family Centre, 19 Spital Street, S3 9LB</p>

Community Language Discussion Groups

We are offering a selection of discussion groups delivered in different languages. These are the same groups as above but will be in the following languages with an interpreter

Discussion Groups	Date	Time	Venue
<p>Roma Slovak Teen – Coping with Teenagers’ Emotions</p> <p>In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.</p>	<p>Monday 17th June 2019</p>	<p>10.00am- 12.15pm</p>	<p>Firvale Community Hub (PACA) 127 Page Hall Road, S4 8GU</p>
<p>Roma Slovak 0-12 - Dealing with Disobedience</p> <p>This discussion group covers why some children have difficulty learning to follow instructions. The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.</p>	<p>Additional groups to be arranged</p>		

Group Parenting Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on 0114 2057243.

Programmes	Start Date	Time	Venue
Incredible Baby The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s Duration: 10 weeks	Tuesday 30 th July 2019	1.00pm – 3.00pm	Burngreave Family Centre, 19 Spital Street, S3 9LB
	Thursday 12 th September 2019	1.00pm- 3.00pm	Early Days Family Centre, 71 Palgrave Road, S5 8GS
	Wednesday 25 th September 2019	1.00pm- 3.00pm	Primrose Family Centre, 45 Creswick Street, S6 2TN
Incredible Years Toddler It deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development. Duration: 12 weeks	Tuesday 10 th September 2019	10.00am- 12.00pm	Stradbroke Community Centre, Sheffield, S13 8LT
0-12 Triple P Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills. Duration: 10 weeks	Thursday 5 th September 2019	9.45am- 12.00pm	Town Hall, Pinstone Street, S1 2HH
Stepping Stones This programme is for parents of children 0-12 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	Wednesday 18 th September 2019	10.00am- 12.30pm	Landsdowne Community Rooms, 206 Club Garden Road, S11 8BX
	Thursday 19 th September 2019	10.00am- 12.30pm	Thornccliffe Leisure Centre, Pack

Duration 10-12 weeks			Horse Lane, S35 3HY
	Friday 20 th September 2019	10.00am- 12.30pm	Darnall Family Centre, 563 Staniforth Road, S9 4RA
Incredible Years 2-8 The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour. Duration: 15 weeks	Monday 9 th September 2019	9.30am- 11.30am	The Meadow Family Centre, 349 Shirecliffe Road, S5 8XJ
	Tuesday 17 th September 2019	12.30pm- 2.30pm	Southern Light Church, Tannery Street, Woodhouse, S13 7LA
Teen Triple P Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills. Duration: 8 - 10 weeks	Tuesday 17 th September 2019	10.15am- 12.30pm	Town Hall, Pinstone Street, S1 2HH
	Tuesday 17 th September 2019	10.00am- 12.15pm	Old Sharrow Junior School, SouthView Road, S7 1DB
	Wednesday 25 th September 2019	10.00am- 12.15pm	Vestry Hall, 2 Burngreave Road, S3 9DD
The Empowering Parents Empowering Children (EPEC) - Being a Parent course (2-5years) A course run by parents for parents The Being a Parent course creates a trusting group ethos, where parents are encouraged and supported to explore: <ul style="list-style-type: none"> • Positive behaviour management and discipline strategies. • Managing parent and family stress. • Understanding and managing children's feelings. • Parent listening, communication, play and interaction skills. • Attachment and parent-child relationships. • Parenting roles, expectations and culture. Duration: 8 weeks	Additional groups to be arranged - Starting in September.		

