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| **Programme** | **Day/Start Date/Time** | **Venue** |
| **0-12 Triple P**Parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.Duration: 8 weeks | Tuesday 31st OctoberTime: 12.30 – 2.30pm | Clifton Family HubColeridge Road.Rotherham S65 1LW  |
| Tuesday 16th January 2024Time: 10:00 – 12:00pm | Central Children’s Centre Ferham Road,Rotherham S61 1AP |
| **Teen Triple P**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 weeks | Thursday 7th September 2023Time: 09:30-11.30amTuesday 20th February 2024Time: 9:30 – 11:30am | Clifton Family HubColeridge Road.Rotherham S65 1LWCentral Children’s Centre Ferham Road,Rotherham S61 1AP |
| **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.Duration 5 weeks | Tuesday 19th September 10:00 – 12:00pmTuesday 16th January10.00 – 12.00pm | MS TeamsMS Teams |
| **Family Links** This programme is for the parents of young children up to the age of 10 and looks at topics, including:Understandingwhy children behave as they do, recognisingthe feelings behind behaviour (ours and theirs).Exploringdifferent approaches to discipline and learningthe importance of looking after ourselvesDuration – 10 weeks  | Tuesday 19th September 202312.30-2.30pmMonday 15th January 2024 12.30-2.30pm | Maltby Family HubTickhill Road, MaltbyS66 7NQRawmarsh Children CentreBarbers CresRotherhamS62 6AD |
| **Caring Dads**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.Duration 17 weeks | Tuesday 16th of January 20241.00 – 3.00pm | Central Children’s Centre Ferham Road,Rotherham S61 1AP |
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| **Sleep Tight**This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.Duration: 5 weeks | Tuesday 26th September 20239.30 - 11.30am | Dalton Youth CentreMagna Lane, DaltonS65 4HH |
| Tuesday 16th January 202410:30 – 12:30pm | Dinnington Early Help CentreDoe Quarry Lane.Dinnington S25 2NZ. |
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| **Fear-Less**Fear-Less Triple P is for parents (of children aged 6 to 14) who'd like to learn how to teach their children to manage anxiety effectively.Duration: 6 weeks  | Thursday 2nd November Time: 12:00 – 2:00pmThursday 22nd FebruaryTime: 12:00 – 2:00pm | Central Children’s Centre Ferham Road,Rotherham S61 1APCentral Children’s Centre Ferham Road,Rotherham S61 1AP |
| **Understanding your Child’s Behaviour****Solihull Approach.**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 0-19Duration: 10 weeks |  **The School Years**Monday 25th SeptemberTime: 11.00 – 1.00pm**The First Five Years**Thursday 11th January 2024Time: 9.30-11.30am**The School Years**Tuesday 16th January 20249.30- 11.30am | Clifton Family HubColeridge Road.Rotherham S65 1LWAughton Early Years CentreMain St, Aughton, Sheffield S26 3XHMaltby Family HubTickhill Road, MaltbyS66 7NQ |
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| **Discussion Groups** | **Discussion Group Subject** | **Day/Start Date/Time** | **Venue** |
| **Short one-off group sessions that offer practical advice for tackling a specific problem behaviour.** |  |  |  |
| **0-12 years** |  |  |  |
|  | Manging Fighting and Aggression | Tuesday 12th September 9:30 – 11:30amWednesday 7th Feb12:00 – 2.00pm | Maltby Family HubTickhill Road, MaltbyS66 7NQClifton Family HubColeridge Road.Rotherham S65 1LW |
|  |  Dealing with Disobedience | Tuesday 19th SeptTime: 10 – 12pmTuesday 20th Feb 249.30 – 11.30am | Clifton Family hub Coleridge Road.Rotherham S65 1LWBrookfield Family HubLime Grove, Swinton S64 8TQ |
| **Teen** |  |  |  |
|  | Coping with Teenagers Emotions  | Friday 3rd November10:00 – 12:00pmFriday 2nd Feb 2412.00 – 2.00pm | Central Children’s Centre Ferham Road,Rotherham S61 1APDinnington Early Help CentreDoe Quarry Lane.Dinnington S25 2NZ. |
|  | Reducing Family Conflict | Thursday 12th October9:30 – 11:30pmTuesday 12th March9.30 – 11.30am | Maltby Family HubTickhill Road, MaltbyS66 7NQBrookfield Family HubLime Grove, SwintonS64 8TQ |
|  | Getting Teens to Co-operate | Friday 1st December10:00 – 12:00amFriday 29th March9.30 – 11.30 am | Dalton Youth CentreMagna Lane, DaltonS65 4HHClifton Family HubColeridge Road.Rotherham S65 1LW |

**Online Programmes**

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| **0-12 Triple P** Triple P Online supports parents of young children (under 12). 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:***<https://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, 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:***<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/> |

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| **Fear-Less Triple P**Fear-Less Triple P Online supports parents of children aged 6 to 14 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:***<https://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)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.oneplusone.org.uk%2Fparents&data=05|01|Diane.Jackson-Clarke%40rotherham.gov.uk|11e1a487e19b413f782008db7245812e|46fbe6fd78ae47699c1dbcea97378af6|0|0|638229415057447626|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000|||&sdata=iraqCKYnVfLXSxUZuYbpIAWGwlxn%2BNch023e8hh%2BgtA%3D&reserved=0) |
| **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)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.oneplusone.org.uk%2Fparents&data=05|01|Diane.Jackson-Clarke%40rotherham.gov.uk|11e1a487e19b413f782008db7245812e|46fbe6fd78ae47699c1dbcea97378af6|0|0|638229415057447626|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000|||&sdata=iraqCKYnVfLXSxUZuYbpIAWGwlxn%2BNch023e8hh%2BgtA%3D&reserved=0) |
| **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)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.oneplusone.org.uk%2Fparents&data=05|01|Diane.Jackson-Clarke%40rotherham.gov.uk|11e1a487e19b413f782008db7245812e|46fbe6fd78ae47699c1dbcea97378af6|0|0|638229415057447626|Unknown|TWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D|3000|||&sdata=iraqCKYnVfLXSxUZuYbpIAWGwlxn%2BNch023e8hh%2BgtA%3D&reserved=0) |

Contact the Evidenced Based Hub for Further Information on:

parenting@rotherham.gov.uk

**To make a Referral:**

Early Help Workers complete Evidenced Based Intervention Form on EHM

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

Partnership agencies telephone 01709 336080.