|  |  |  |
| --- | --- | --- |
| **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 October  Time: 12.30 – 2.30pm | Clifton Family Hub  Coleridge Road.  Rotherham S65 1LW |
| Tuesday 16th January 2024  Time: 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 2023  Time: 09:30-11.30am  Tuesday 20th February 2024  Time: 9:30 – 11:30am | Clifton Family Hub  Coleridge Road.  Rotherham S65 1LW  Central 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 – 12:00pm  Tuesday 16th January  10.00 – 12.00pm | MS Teams  MS 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 ourselves  Duration – 10 weeks | Tuesday 19th September 2023  12.30-2.30pm  Monday 15th January 2024  12.30-2.30pm | Maltby Family Hub  Tickhill Road, Maltby  S66 7NQ  Rawmarsh Children Centre  Barbers Cres  Rotherham  S62 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 2024  1.00 – 3.00pm | Central Children’s Centre Ferham Road,  Rotherham S61 1AP |
|  |  |
| **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 2023  9.30 - 11.30am | Dalton Youth Centre  Magna Lane, Dalton  S65 4HH |
| Tuesday 16th January 2024  10:30 – 12:30pm | Dinnington Early Help Centre  Doe Quarry Lane.  Dinnington S25 2NZ. |
|  |  |
| **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 – 2:00pm    Thursday 22nd February  Time: 12:00 – 2:00pm | Central Children’s Centre Ferham Road,  Rotherham S61 1AP  Central 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 0-19  Duration: 10 weeks | **The School Years**  Monday 25th September  Time: 11.00 – 1.00pm  **The First Five Years**  Thursday 11th January 2024  Time: 9.30-11.30am  **The School Years**  Tuesday 16th January 2024  9.30- 11.30am | Clifton Family Hub  Coleridge Road.  Rotherham S65 1LW  Aughton Early Years Centre  Main St, Aughton,  Sheffield S26 3XH  Maltby Family Hub  Tickhill Road, Maltby  S66 7NQ |
|  |  |  |



|  |  |  |  |
| --- | --- | --- | --- |
| **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 – 11:30am  Wednesday 7th Feb  12:00 – 2.00pm | Maltby Family Hub  Tickhill Road, Maltby  S66 7NQ  Clifton Family Hub  Coleridge Road.  Rotherham S65 1LW |
|  | Dealing with Disobedience | Tuesday 19th Sept  Time: 10 – 12pm  Tuesday 20th Feb 24  9.30 – 11.30am | Clifton Family hub  Coleridge Road.  Rotherham S65 1LW  Brookfield Family Hub  Lime Grove, Swinton  S64 8TQ |
| **Teen** |  |  |  |
|  | Coping with Teenagers Emotions | Friday 3rd November  10:00 – 12:00pm  Friday 2nd Feb 24  12.00 – 2.00pm | Central Children’s Centre  Ferham Road,  Rotherham S61 1AP  Dinnington Early Help Centre  Doe Quarry Lane.  Dinnington S25 2NZ. |
|  | Reducing Family Conflict | Thursday 12th October  9:30 – 11:30pm  Tuesday 12th March  9.30 – 11.30am | Maltby Family Hub  Tickhill Road, Maltby  S66 7NQ  Brookfield Family Hub  Lime Grove, Swinton  S64 8TQ |
|  | Getting Teens to Co-operate | Friday 1st December  10:00 – 12:00am  Friday 29th March  9.30 – 11.30 am | Dalton Youth Centre  Magna Lane, Dalton  S65 4HH  Clifton Family Hub  Coleridge Road.  Rotherham S65 1LW |

**Online Programmes**

|  |
| --- |
| **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/> |

|  |
| --- |
| **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](mailto: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.