

Information Booklet about the parenting courses on offer in Plymouth

We have had a number of parents telling us they are having issues with their children's behaviour at home. We can try to advise you on different techniques that may be useful, but we are not the experts. However, there is support in Plymouth with a number of different parenting course on offer. We have put together this booklet to give you an idea of what they are about. Feel free to look through this booklet to see if you feel any would be suitable to support you & your family.



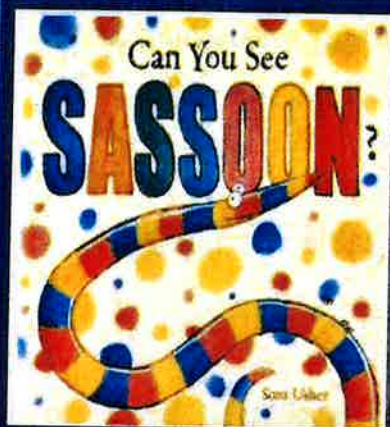
**If you require any more information
please contact Jenny Oliver**

Welcome to SPOKES!

Spring Term 2019

Dear Parent,

Welcome to our SPOKES (Supporting Parents on Kids Education in Schools) newsletter. If your child is in Key Stage 1 at school and you would like to learn some skills and activities to support them in their development, please ask your class teacher if your school is one of the Plymouth schools taking part in the free SPOKES Ready for School 9 week programme.



This term's featured book is "Can you see Sassoon" by Sam Usher. This is just one of the free books parents receive on the SPOKES course together with lots of other free goodies.

Look out for another featured book in the next newsletter.

Meanwhile if you are a parent and would like to find out more about the programme, please contact Jo Best (SPOKES Coordinator), Tel: 258933 or email jo.best@plymouth.gov.uk

If you are a school and wish to be part of this exciting and effective Ready for School initiative, please contact Jo Best.

Coffee Time Puzzler

Try our book related word search, how long will it take you to find all 12 words?

E E R E A D I N G G R P
J I K B D Y G G B H T V
K P K M S P O K E S E K
M A L E A R N I N G W D
B L I S T E N I N G R S
Z T Q Z S C N U S Y I Z
O A K S R T G Q R I T R
V L T C M K O A J B I G
S K A H O F R R W O N H
A I L O Z B U X Y O G W
T N E O I U K N R K E E
X G Y L M J B H P S C V

SPOKES
BOOKS
SCHOOL
LISTENING
LIBRARY
STORY

READING
LEARNING
TALKING
FUN
WRITING
TALE

Calling all artists!

Is your child feeling inspired by a favourite book? Send us a picture they have drawn based on the story and enter our prize draw. Please put their name, class and school on the back of their artwork. The first two pictures chosen will be printed, along with your child's name and school, on our next newsletter. You'll also receive a free book which is featured in the SPOKES programme for you and your child to read together. Please pass your entries to your school office by 25 March and we will ensure they are entered in the competition.



Incredible Years

Incredible Years is an internationally recognised Parenting Programme that has been shown to work in Plymouth for a wide range of families. The Incredible Years programme is divided into various age groups and designed for parents of babies, toddlers, pre-school and primary school age children.

Apply for Incredible Years Course (<https://www.plymouthias.org.uk/parenting-programmes#apply>)

Plymouth Information, Advice and Support for SEND offer Incredible Years parenting courses at various venues across the city for the following age groups:

- Incredible Years Babies: 0-12 months
- Incredible Years Toddlers: 12-36 months
- Incredible Years Basic: 3-6 years
- Incredible Years School Age: 7-12 years
- Incredible Years Autism Spectrum and Language Delay: 2-5 years

If you would like to ask any questions about our Incredible Years Parenting Programmes, please call: 01752 258933.

Frequently Asked Questions

What age child is Incredible Years for? ▼

Will my child need to be with me at the group? ▼

Are there creche facilities? ▼

How long are the Incredible Years courses? ▼

How long are the sessions? ▼

Do I have to attend every week? ▼

How many parents will be in the groups? ▼

Will there be other dads/mums like me? ▼

What will we be covering during the Incredible Years Toddler/Basic School Age/School Age courses? ▼

Who runs the groups? ▼

Some of the answer on the next page or on website

Incredible Years Basic

- For parents of children aged 3-6 years
- 14 x 2 hour sessions
- Parents only
- Courses run during the day

Key Features

- Gives you the tools to use Play, Praise and Rewards to bring out the best in your child.
- Gives you the confidence to deal with difficult behaviour without losing your cool.

Apply for Incredible Years Course (<https://www.plymouthias.org.uk/parenting-programmes#apply>)

Incredible Years School Age

- For parents of children aged 7-12 years
- 12 x 2 hour sessions
- Parents only
- Courses run during the day
- Please note: no crèche facilities available for this course

Key Features

- Gives you the skills and confidence to resolve typical pre-teen issues before they become problems.
- Builds a foundation of closeness and affection to see you through the difficult teenage years.
- Supports you to work with your child's school so that they get the best out of their education.

Apply for Incredible Years Course (<https://www.plymouthias.org.uk/parenting-programmes#apply>)

Incredible Years Autistic Spectrum and Language Delay

- For parents of children aged 2-5 years with a diagnosis of ASC/Language Delay
- 12-16 x 2 hour sessions
- Parents only
- Courses run during the day

Key Features

- Gives you the skills and confidence to deal with difficult behaviour and support your child in learning to manage their emotions.
- Enables you to support your child to develop their language skills and social relationships with others.
- Allows you to nurture your child's development in readiness for school.

Apply for Incredible Years Course (<https://www.plymouthias.org.uk/parenting-programmes#apply>)

Contact Us

Plymouth Information, Advice and Support for SEND
Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
Plymouth
PL2 2PQ

pias@plymouth.gov.uk (<mailto:pias@plymouth.gov.uk>)

01752 258933 or
0800 953 1131

Strengthening Families 10-14 UK

Update: Due to coronavirus, Plymouth Information, Advice and Support (for SEND) are now delivering virtual Parenting Programmes from September 2020 until further notice. We are still accepting applications for future courses.

If you need some advice and support now, please see: Dedicated Phone Support for Families (<http://www.plymouthias.org.uk/parenting-programmes/family-phone-support>).

See the Solihull Approach (<http://www.plymouthias.org.uk/parenting-programmes/solihull-approach>) for free online courses for parents and parents-to-be for residents of Devon, Torbay and Plymouth.

See the latest information about coronavirus (COVID-19) (<https://www.plymouth.gov.uk/newsroom/mainstories/latestinformationaboutcovid19>).

Strengthening Families 10-14 UK is an internationally recognised programme that has been shown to work in Plymouth for a wide range of families. It is designed for parents and young people aged 10 to 14 years.

If you would like to ask any questions about our Strengthening Families Programme, please call: 01752 258933.

Alternatively you can email us at: pias@plymouth.gov.uk (<mailto:pias@plymouth.gov.uk>)

Apply for Strengthening Families Programme (<https://www.plymouthias.org.uk/parenting-programmes#apply>)

Strengthening Families Programme 10-14 UK

- For parents of 10-14 year olds
- 9 x 2 hour sessions broken down into the following topics (<http://www.plymouthias.org.uk/resources/files/SFP-Chester-Programme.pdf>)
- Parents and young people attend
- Courses delivered early evening

Key features

- Teach you simple ways of dealing with issues before they become major problems.
- Gives you and your child time together away from day to day pressures to get to know and understand each other.
- Develop techniques to help your child to resist peer pressure and keep them safe from drugs and alcohol.
- Fun, games and loads of laughs along the way.

Contact Us

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Solihull Approach Online Courses

Devon Local Maternity Services have purchased a multi-user licence for four Solihull Approach online courses for all parents and parents-to-be.

Free online courses for residents of Devon, Torbay and Plymouth:

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenagers brain

This means that every single resident in Devon, Torbay and Plymouth can access the courses completely free of charge.

These courses are for everyone who wants to be the best mum, dad, grandparent and carer that they can be. The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships (www.solihullapproachparenting.com (<https://solihullapproachparenting.com/>)). The courses are written by Child and Adolescent Mental Health Service (CAMHS) professionals with other health and education workers. They are evidence based and accredited by the Department of Education.

- Link to the courses - www.inourplace.co.uk (<https://inourplace.co.uk/>) - access code **TAMAR**
- Email address for queries d-ccg.cornwallanddevonsolihull@nhs.net (<mailto:d-ccg.cornwallanddevonsolihull@nhs.net>)
- See posters:
 - Solihull Approach Poster Singled Sided (<http://www.plymouthias.org.uk/resources/files/Solihull.Poster.SingleSided.Interactive.pdf>)
 - Solihull Approach Poster Double Sided (<http://www.plymouthias.org.uk/resources/files/Solihull.Poster2a.2b.DoubleSided.pdf>)
- Frequently Asked Questions for Parents (<http://www.plymouthias.org.uk/resources/files/Solihull.Parents.FAQ.pdf>)



Here to help

Action for Children

Have a question about parenting?

Action for Children is offering free online parenting support for families with children aged 0-19. You can ask us for help on all sorts of things – from how to keep your children entertained at home, to how to handle difficult behaviour, to how to manage stress and anxiety at this challenging time.

Head to parents.actionforchildren.org.uk to read our advice and useful resources, or talk directly to a parenting coach via our confidential 1-1 live chat.

Whatever you need, Action for Children are here to listen and support you.

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Find useful resources from Action for Children at:
<http://parents.actionforchildren.org.uk/>