

Together for Families

# Early Help Parenting Newsletter – Summer 2024



**Free** information, support and guidance for parents and carers.

## Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

**If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.**

## Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

**Parents Plus Adolescent Programme** – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

**Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.

**Supporting Healthy Relationships** – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

**Understanding your Child with Additional Needs** –

a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

“Brilliant course! Helped myself and my children a lot. Would definitely recommend this to other parents.”

– Parent on Solihull  
Understanding your Child  
(March 2024)

## Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (18:00-20:00) delivered by our parenting team to support on a wide range of topics. Please book on by visiting

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

Date	Bitesize Child (for parents/carers of children aged 4-11)
07.05.24	Bullying
21.05.24	Remaining calm
11.06.24	Praise and rewards
25.06.24	Special time with your child
09.07.24	Routines and boundaries
23.07.24	Technology and safety
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
14.05.24	Teenage brain
04.06.24	Technology and safety
18.06.24	Sibling rivalry and conflict
02.07.24	Remaining calm
16.07.24	Mental wellbeing

## Help us shape our service!

We invite you to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit

[www.letstalk.cornwall.gov.uk/parentingsurvey](http://www.letstalk.cornwall.gov.uk/parentingsurvey) to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on 'Stay Informed – Subscribe' button on this page.



## Positive Parenting Top Tip!

### Self-care

You cannot pour from an empty jug!

As you give love, affection, care and boundaries to your children to help them learn and regulate their emotions, you are pouring from your 'jug', so a key thread that runs through all of our programmes, is the importance of self-care.

Remember to top yourself up and do something for yourself several times a week. As long as your children are safe, it's ok to 'press the pause button' and have a cup of tea, talk to a friend, take time for a hobby or do some positive self-talk.

When things get challenging, take deep breaths and remember it's better to respond than to react. And remember your child need you at your best so look after yourself.

## Service Spotlight

### Video Interaction Guidance (VIG)

**VIG aims to:** strengthen the bond between parents/carers and their children, develop attunement and sensitivity, and help parents/carers to become more reflective.

**How does it work?** The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy and then looks carefully at the video to select 3 short clips when the interaction was going well. The VIG practitioner takes this clip to show the parent/carer and this cycle is repeated between 3 and 7 times.

**How might it help?** It highlights and builds on the strengths people already have. Seeing yourself communicating well is very empowering and motivating and an understanding of communication can then be taken and applied to any interaction.

**How to request VIG:** Speak to your health visitor or allocated worker about a request for VIG through the Early Help Hub [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

## New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



### Parenting children aged 0 to 11

#### SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3)

This is a Virtual service for families who are looking for support.

2 hours

Understanding your child (ages 1 -3) Bodmin Family Hub

This is a Virtual service for families who are looking for support.

2 hours

Understanding your child (ages 1 - 3) Truro Family Hub

This is a Face to Face service for families who are looking for support.

2 hours

Understanding your child (ages 1 to 3) The Park Family Hub

This is a Face to Face service for families who are looking for support.

2 hours

## Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: 0300 1234 100



Together for Families Parenting

# Parenting Workshops

## April - August 2024



### Solihull – Understanding your Child

- Early Years (ages 1-3)
- Primary Years (ages 4-8)
- Transition Years (ages 9-11)

### Workshop Description

Delivered over 10 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

### Workshop Dates

Countywide – VIRTUAL		
Ages 1-3	Mondays 18:00-20:00	22.04.24-08.07.24 Virtual MS Teams
Ages 1-3	Wednesdays 09:30-11:30	05.06.24-07.08.24 Virtual MS Teams
Ages 4-8	Tuesdays 12:30-14:30	23.04.24 – 25.06.24 Virtual MS Teams
Ages 4-8	Mondays 18:00-20:00	03.06.24-05.08.24 Virtual MS Teams
Ages 9-11	Thursdays 12:30-14:30	02.05.24-11.07.24 Virtual MS Teams
Ages 9-11	Wednesdays 18:00-20:00	08.05.24-17.07.24 Virtual MS Teams
East		
Ages 4-8	Mondays 09:30-11:30	13.05.24-22.07.24 Wadebridge Family Hub
Ages 9-11	Tuesdays 12:30-14:30	30.04.24-09.07.24 Launceston Family Hub
Mid		
Ages 1-3	Tuesdays 12:30-14:30	04.06.24-06.08.24 St Austell Family Hub
Ages 4-8	Thursdays 12:30-14:30	02.05.24-11.07.24 Newquay Family Hub
Ages 9-11	Fridays 09:30-11:30	10.05.24-12.07.24 The Park Family Hub
West		
Ages 1-3	Thursdays 09:30-11:30	02.05.24-11.07.24 Gooseberry Bush Nursery
Ages 4-8	Wednesdays 09:30-11:30	15.05.24-24.07.24 Helston Family Hub
Ages 9-11	Mondays 12:30-14:30	13.05.24-22.07.24 Penzance Family Hub







## Parents Plus Adolescent Programme

### Workshop Description

Delivered over 9 weeks, each weekly session is 2-hours.

This is an evidence-based workshop that covers topics such as:

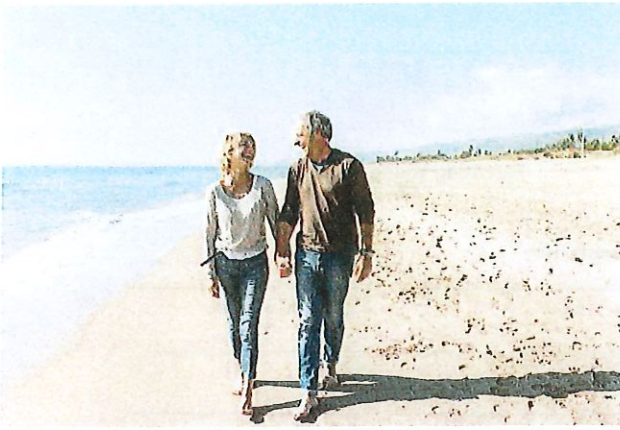
- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

### Workshop Dates

Countywide - VIRTUAL		
Ages 12-18	Wednesdays 18:00-20:00	01.05.24-26.06.24 Virtual MS Teams
Ages 12-18	Mondays 09:30-11:30	03.06.24-29.07.24 Virtual MS Teams
East		
Ages 12-18	Thursdays 09:30-11:30	02.05.24-04.07.24 Saltash Family Hub
Ages 12-18	Mondays 12:30-14:30	13.05.24-15.07.24 Wadebridge Family Hub
Mid		
Ages 12-18	Fridays 12:30-14:30	19.04.24-21.06.24 The Park Family Hub
Ages 12-18	Mondays 12:30-14:30	13.05.24-15.07.24 Newquay Family Hub
West		
Ages 12-18	Tuesdays 12:30-14:30	28.05.24-23.07.24 Penzance Family Hub
Ages 12-18	Wednesdays 12:30-14:30	05.06.24-31.07.24 Helston Family Hub







## Supporting Healthy Relationships

### Me You and Baby Too (MYBT) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

### Arguing Better (AB) Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

## Getting it Right for Children (GIRFC)

### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises

### MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Wednesdays 09:30-11:30	17.04.24-01.05.24 Virtual MS Teams
Ages pre-birth – 12months	Thursdays 18:00-20:00	04.07.24-18.07.24 Virtual MS Teams

### AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Thursdays 18:00-20:00	02.05.24-16.05.24 Virtual MS Teams
Ages 1-19	Tuesdays 12:30-14:30	02.07.24-16.07.24 Virtual MS Teams

### GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Fridays 09:30-11:30	19.04.24-03.05.24 Virtual MS Teams
Ages 0-19	Thursdays 18:00-20:00	06.06.24-20.06.24 Virtual MS Teams



## How to access

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshop using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the [Early Help Hub](#).

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### Parenting Young People aged 12 - 18

**SELECT A SERVICE**

<p>Take 3 - Virtual</p> <p>This is a 10-week, once-a-week virtual course... <a href="#">Read more</a></p> <p>Free - 2 hours</p>	<p>Take 3 - Bodmin Family Hub</p> <p>This is a Face-to-Face course delivered over... <a href="#">Read more</a></p> <p>Free - 2 hours</p>
<p>Take 3 - Callington Family Hub</p> <p>This is a Face-to-Face course delivered over... <a href="#">Read more</a></p> <p>Free - 2 hours</p>	<p>Take 3 - Hayle Family Hub</p> <p>This is a Face-to-Face course delivered over... <a href="#">Read more</a></p> <p>Free - 2 hours</p>



### Supporting Healthy Relationships Workshops

**SELECT A SERVICE**

<p>Me, You and Baby Too - Virtual - (30 Jan, 6 and 13Feb)</p> <p>This is a series of 3 sessions running... <a href="#">Read more</a></p> <p>2 hours</p>	<p>Me, You and Baby Too - St Austell Family Hub (20, 27 Feb and 5...</p> <p>This is a Face-to-Face series of 3 sessions... <a href="#">Read more</a></p> <p>2 hours</p>
<p>Me, You and Baby Too - Penzance Family Hub (12, 19, and 26...</p> <p>This is a Face-to-Face series of 3 sessions... <a href="#">Read more</a></p> <p>2 hours</p>	<p>Arguing Better - Virtual - (30 Jan, 6 and 13Feb)</p> <p>This is a virtual series of 5 sessions running... <a href="#">Read more</a></p> <p>2 hours</p>

**ADD YOUR DETAILS**

First and last name \*

Notes

Email \*

Address \*

Phone number \*

Add your phone number



### Parenting children aged 0 to 11

**SELECT A SERVICE**

<p>Virtual - Understanding your child (ages 1 to 3)</p> <p>This is a Virtual course delivered over 3 weeks... <a href="#">Read more</a></p> <p>2 hours</p>	<p>Understanding your child (ages 1 - 3) Bodmin Family Hub</p> <p>This is a Face-to-Face course delivered over... <a href="#">Read more</a></p> <p>2 hours</p>
<p>Understanding your child (ages 1 - 3) Troon Family Hub</p> <p>This is a Face-to-Face course delivered over... <a href="#">Read more</a></p>	<p>Understanding your child (ages 1 to 3) The Park Family Hub</p> <p>This is a Face-to-Face course delivered over... <a href="#">Read more</a></p>

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Call: 01872 324323

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