

# Parenting Delivery Covid



Sheffield City Council



# Programmes



Triple P  
Empowering Parents Empowering Communities

Incredible Years

Timid to Tiger



- All our programmes are being delivered via Zoom
- The parenting Team have been very creative to adapt to this new way of working.
- Parents have been amazing and have given positive feed back in regards to the delivery.
- Programmes have been booked over the summer and our “What’s on Guide” will be out shortly.
- We have been as flexible as possible with our delivery and have programmes running during the day time and evening.



# Level 2 Seminars

**Light touch information sessions.**

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

## **0-12**

The Power of Positive Parenting

Raising Confident and Competent Children

Raising Resilient Children

## **Teen**

Raising Responsible Teenagers

Raising Competent Teenagers

Getting Teenagers Connected

## **SEND (Primary Age)**

Positive Parenting for Children with a disability

Helping your child reach their potential

Changing Negative Behaviour into Positive Behaviour.

Monthly Coffee Get togethers

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# SEND Offer

- Incredible Years ASD- Very popular programme
- EPEC ASD- Volunteers (PGL's) and Parenting Specialist
- Stepping Stones- Triple P
- Teen ASD
- Monthly Get Together-Topic based coffee event with chance for questions and answers  
Bookable on Eventbrite

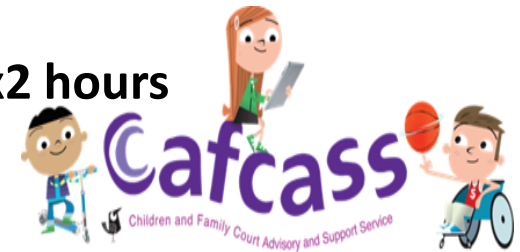


# Parental Conflict

## Separated Parents Information Programme – 2x2 hours

This is a one off session and delivered over 2x 2 hour sessions

This is for parents that are not within the court arena and delivered separately.



## Family Transitions 6 weeks

Group programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating Parenting.

Parents will come separately, however, this will be delivered parallel weekly for both parents To attend and receive the same information.



## Being a Parent Together (BAPT- EPEC) 9 week programme

Father, mother and couple communication and assertiveness skills.

Mothers' and fathers' ability to constructively express, manage and resolve parental conflicts, particularly those directed at and involving the couple's children.

Improve relationship satisfaction and reduce the frequency and intensity of couple arguments.



# Fathers/Male Carers Work

Dads/Male Carers impact their children's lives in all sorts of ways. Dads often offer a different style of learning/relationship with their children.

How do we work with Dads? Do Dads get invited to meetings?

What questions are we asking?

How confident do you feel contacting Dads/Step Dads/Carers who are no longer living at the family home?

Consultations can be requested and we would allocate one of the Male Parenting Practitioners.

**Termly Dads Inc. Seminars to be run, bookable over Eventbrite  
Saturday 19<sup>th</sup> June 10.00-12.00 Monday 20<sup>th</sup> September 6.00-7.30**

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# Sleep Hygiene Clinics, under 5's access support through Health



## Sleep Seminars

(For children over 1)

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# New Parenting Pathways & Partnership Working

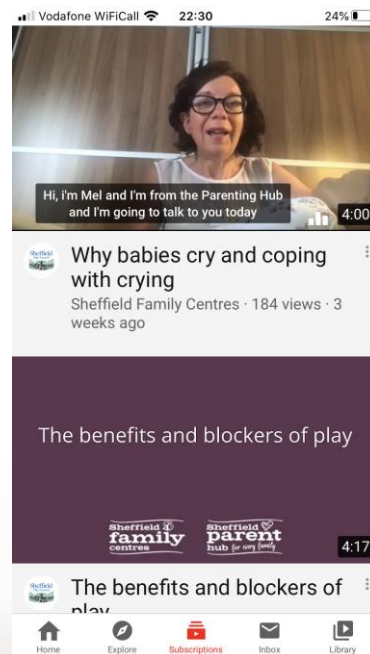
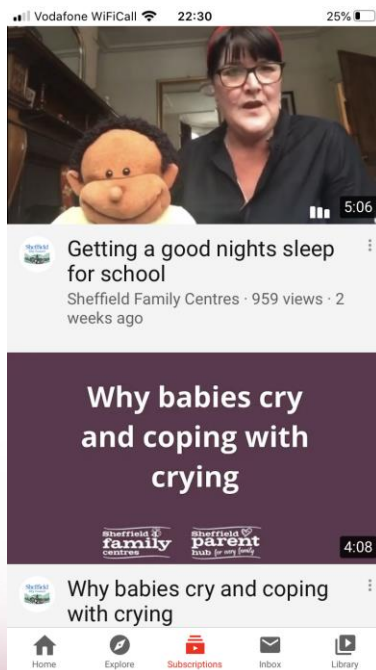
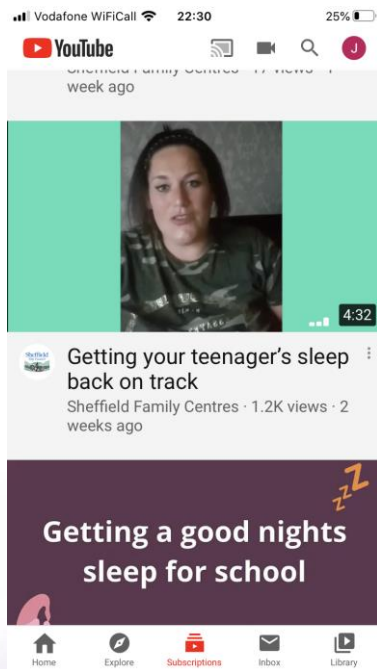
- **EPEC** – Empowering Parents, Empowering Communities (EPEC) is a successful, popular, low-cost parenting program. It combines peer-led parenting groups with training, supervision and support provided by parenting specialists based in local services.
- BAPT- Being a parent together
- BAP- Being a Parent
- BAP ASD- Being a Parent of a child with ASD
  
- **SPIP** – Separated Parents Information Programme, working In partnership with CAFCASS To
- consider what is most important for children and young people when their parents separate.
- Develop useful strategies and practical skills which will reduce conflict Understand and reflect on the emotional impact of separation on parents
- Promotes safe and beneficial contact and effective co-parenting





# YouTube Success

We have 1200 views on the Teen YouTube !



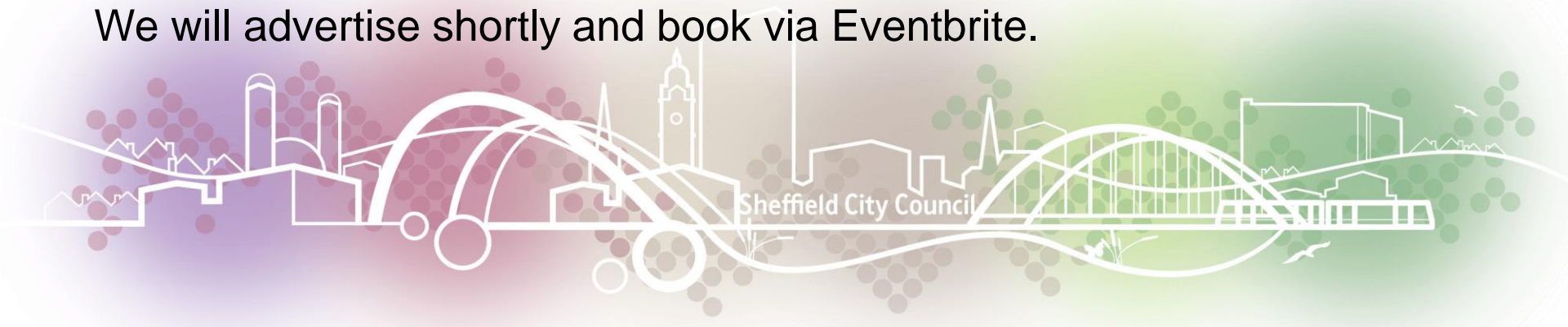
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# Parenting Training and Skills (WFD)

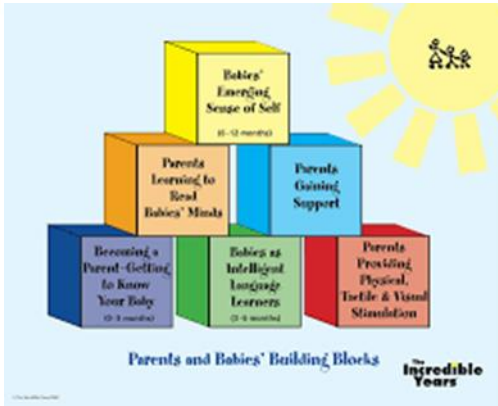
- Two day Generic over two Mornings
- Teen Generic
- Baby Training
- Sleep Hygiene Training
- 0-12 4 step workshop
- Teen 4 step workshops
- SEND 4 step workshops
- Reducing Parental Conflict

We will advertise shortly and book via Eventbrite.



# Referral-EH Form

- Please contact the School Link Parenting Practitioner if you have any queries regarding suitability of a Parenting intervention.
- The Sheffield Parenting Hub can also direct queries to the most relevant Practitioner.
- Please check the quality of information on the referral as this delays the process of parents accessing programmes if we have to search for contact details or explore what the families needs are. Also ensure the family is aware of what they are being referred for.



# MAINTAINING EVIDENCED BASED PRACTICE



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