

Early Help Parenting Programmes September-December 2022

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	Daytime Programmes Tuesday 13th September Time: 9:30 - 11:30 am.	The Place Coleridge Road. Rotherham, S65 1LW
	Monday 31st October Time: 12:30 - 2:30 pm.	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	Daytime Programmes Wednesday 14th September Time: 09:30 - 11:30 am	The Place Coleridge Road. Rotherham S65 1LW
	Evening Programme Thursday 3rd November Time: 5.30 - 7:30 pm.	MS Teams
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 9 weeks	Day time Programme Children's Disability Team Tuesday 20th September 10:00 - 12:00 noon.	Kimberworth Place Kimberworth Road Rotherham S61 1HE Fully Booked
Edge Of Care This programme is the Triple P model and is for parents/carers who do not have care of their children but do have contact. The programme looks at implementing the model through contact visits or supervised visits.	TBC	TBC
Family Links This programme is for the parents of young children up to the age of 10 and looks at topics, including: Understanding why children behave as they do, Recognising the feelings behind behaviour (ours and theirs) Exploring different approaches to discipline and Learning the importance of looking after ourselves Duration – 10 weeks	September 2022	Rawmarsh Children's Centre, Barber's Cres, Rawmarsh, Rotherham S62 6AD

Early Help Parenting Programmes September-December 2022



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	Wednesday 5th October at 10:00 - 12:00 noon.	MS Teams
	Monday 7 th November 12:30 - 2:30 pm.	Maltby Stepping- Stones Tickhill Road, Maltby S66 7NQ
	Thursday 17 th November 10.00 -11.30 am.	TBC
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	This is an On-Going Programme and the next will be Sept 2022	Central Children's Centre Ferham Road, Rotherham, S61 1AP
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	Friday 9 th Sept 10.00 - 12:00 pm.	The Place Coleridge Road. Rotherham S65 1LW
Parents as Partners Parents as Partners is a programme that looks at the whole family, not just the relationship between parents and their children. Both parents are involved in sessions, and the group is always led by a male and female pair of trained workers. Duration 18 weeks	Thursday 22 nd September 12:30 - 2:30 pm.	The Place Coleridge Road. Rotherham S65 1LW
Self-Harm Workshop	August 17 th August 10:00 - 2:00 pm.	Eric Mann's 45 Moorgate Street Rotherham S60 2RB

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	Wednesday 2nd November 9:30 - 11:30 am.	Kimberworth Kimberworth Rd, Rotherham S61 1HE
	Dealing with Disobedience	Tuesday 4th October 12:30 - 2:30 pm.	TBC

Early Help Parenting Programmes September-December 2022

	Hassle Free Outings	TBC	TBC
	Good Bedtime routines	Monday 10th October 9:30 - 11:30 am.	Rawmarsh School Monkwood Rd, Rawmarsh, Rotherham S62 7GA
Teen	Coping with Teenagers Emotions	Tuesday 11th October 2:30 - 4:30 pm.	MS Teams
	Reducing Family Conflict	Wednesday 2nd November 2:30 - 4:30 pm.	MS Teams
	Building Teenagers Survival Skills	Monday 5th Dec 9:30 - 11:30 am.	School St, Dinnington, Sheffield S25 2RE
	Getting Teenagers to Cooperate	Wednesday 9th November 5:30 - 7:30 pm.	MS Teams

Contact the Evidenced Based Hub for Further Information on:

parenting@rotherham.gov.uk

Evidenced Based Hub Co-Ordinator - Jayne.aldridge@rotherham.gov.uk

Senior Family Support Worker - Diane.jackson-clarke@rotherham.gov.uk

Senior Family Support Worker - Gillian.stokes@rotherham.gov.uk

Senior Family Support Worker- Vicky.houghton@rotherham.gov.uk

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.

Self-Harm Workshop please email Learning-development@rotherham.gov giving parents details.

To access Triple P Online 0-12, Teen or Fear-Less please email the link below to parents and ask them to click on the link and follow instructions to register their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>