


Spring 2023




EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES





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Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team deliver a range of evidence based programmes. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.

We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:



## Seminars

This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.

To book a place on a seminar please follow this link and book Via Eventbrite:  
<http://bit.ly/SheffParentHub>

## Discussion Groups

The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.

This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.

Booking for Discussion Groups is essential. To book on to a place please follow this link and book Via Eventbrite:  
<http://bit.ly/SheffParentHub>

## Group Parenting Programmes

A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 5 – 15 weeks depending on the programme.

Booking or referral to a programme is essential.

Please contact us to discuss it in more details on **0114 2057243** or email  
[Sheffieldparenting@sheffield.gov.uk](mailto:Sheffieldparenting@sheffield.gov.uk)



## 0-12 Raising Resilient Children

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognising and accepting feelings.
- Expressing feelings appropriately.
- Building a positive outlook.
- Developing coping skills.
- Dealing with negative feelings.
- Dealing with stressful life events.

## The Power of Positive Parenting

This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.

## 0-12 Raising Confident and Competent Children

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.



## Father's seminar

This seminar promotes the importance of a father's input to a child's development by looking at:-

- The importance of Fatherhood.
- Promote positive relationship between the father and the child.
- Promote the father's parenting skills.
- Exploring child friendly activities to engage in.
- Father's role in supporting the child with managing emotions and risky behaviour.
- Role modelling care and respect.

## Time to Sleep

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. This is an information session for all parents/carers of children 12 months and over. The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine





## Teen - Getting Teenagers Connected

Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:

- Being confident.
- Being socially skilled.
- Planning ahead.
- Meeting commitments.
- Keeping in contact.
- Taking care of others

## Teen - Raising Competent Teenagers

Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:

- Developing self-discipline.
- Establishing good routines.
- Getting involved in school activities.
- Being a good problem solver.
- Following school rules.
- Having supportive friends.



## Teen - Raising Responsible Teenagers

Practitioners introduce parents to the six key elements of teenager's becoming responsible and specific ideas about how to teach and encourage each of the following skills:

- Taking part in family decision-making.
- Being respectful and considerate.
- Getting involved in family activities.
- Developing a healthy lifestyle.
- Being reliable.
- Being assertive.





## 0-12 SEND - Positive Parenting for Children with a disability

This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:

- Parents Hope and Dreams
- Developmental delay and disability
- Some realities of being a parent
- Children's behaviour, the tough part of being a parent
- What is positive parenting?
- Seven Key principles of being a parent.

## 0-12 SEND - Helping your Child Reach their Potential

This seminar looks at ideas to support parents to help their child get off to a good start by looking at:

- Choosing a skill to teach
- Break the skill into steps
- Choose rewards
- Decide when and where to teach
- Use effective teaching strategies
- Keep track and review progress

## 0-12 SEND - Changing Negative Behaviour into Positive Behaviour

This seminar looks at common behaviour problems and key steps to manage them:

- Track the behaviour
- Understand why behaviour is occurring
- Change events that occur before the behaviour
- Encourage alternative behaviour
- Put your plan into action

## Time to Sleep (ASD)

Sleep hygiene is the behavioural and environmental factors that are necessary for a quality night time sleep and full day time alertness. **This is an information session for parents/carers of children who have a diagnosis of ASD only.**

The session will cover:

- The importance of sleep
- How much sleep do children need
- Possible effects of poor sleep
- Introduction to the sleep cycle
- How to promote good sleep
- What makes a good routine





## 0-12 Hassle Free Outings with Children

This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public.

Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.

## 0-12 Dealing with Disobedience

This discussion group covers why some children have difficulty learning to follow instructions.

The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.

## 0-12 Developing Good Bedtime Routines

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen.

The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.



## 0-12 Managing Fighting & Aggression

In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight.

This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

## Additional Needs Discussion Group

Monthly, hour long Additional Needs Discussion Groups. Each month we will discuss a different topic, give you an update on the Parenting and MAST SEND Teams and offer some time for questions and answers.



## Community Language Discussion Groups

We offer a selection of discussion groups delivered in different languages with an interpreter. Please contact the Team if you require further information.





## Teen - Getting Teenagers to Cooperate

During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative.

Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.



## Teen - Coping with Teenagers' Emotions

In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.

## Teen - Building Teenagers' Survival Skills

This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.

## Teen - Reducing Family Conflict

During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.







## Incredible Baby

The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s

**Duration: 10 weeks**

## Incredible Years Toddler

It deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

**Duration: 12 weeks**

## EPEC - Baby and Us

Baby and Us covers topics such as:

- Following your baby's cues
- How to feel more confident in your role as a parent
- Learning to communicate responsively with your baby
- Building a good attachment between you and your baby
- An opportunity to develop friendships with other parents
- Games, singing, physical touch and play to have fun with your baby
- Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

For parents/carers of babies under 9 months old at the start of the course.

**Duration: 9 weeks**



## Incredible Years 3-8

The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour.

**Duration: 15 weeks**

## 0-12 Triple P

Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.

**Duration: 10 weeks**





## EPEC - Being a Parent

This course aims to improve child development outcomes, parenting, family resilience and family relationships. The programme creates a trusting group ethos where parents are encouraged and supported. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

**Duration: 8 weeks**

## Fear-less Triple P

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The programme encourages parents to generalise strategies to all family members, not just the child of concern. Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety.

**Duration: 6 weeks**

## EPEC - Living with Teenagers

A Parent led intervention that is suitable for parents of adolescents aged 12 to 16 years old

**Duration: 8 weeks**

## Teen Triple P

Generic universal 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 - 10 weeks**





Sheffield Parenting Hub has a range of programmes available to all.

These programmes are specifically designed for parents and carers of children with SEND.

## 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: 10 - 12 weeks**

## EPEC - Being a Parent of a Child with Autism Spectrum Disorder

This course will help parents/carers of children with Autistic Spectrum Disorder. The programme explores ways of managing behaviour, raising self esteem and confidence. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.

**Duration: 10 weeks**

## Incredible Years ASD

A 15 week programme for parents of children aged 2-8 years that may be displaying complex challenging behaviour. It tailors to each child's individual needs and their development. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Incredible Years has been evaluated for over 30 years working with families of children with ADHD, ASD and Language delays all over the world and has been proven to work!

**Duration: 15 weeks**

## Cygnnet

Cygnnet is a parenting support programme for parents and carers of children aged 5-18 with an autistic spectrum condition. Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Cygnnet-

- Will increase your knowledge of Autism,
- Help you understand your child's perspective on the world
- Help you develop a toolkit of strategies
- Signpost you to local agencies that will help support you and your child
- Provide you with an opportunity to meet other parents and create supportive networks

**Duration: 7 weeks**





Co-parenting is a challenge whether you are parents living together or parents who are separated. In Sheffield we recognise this and have the following programmes you can access to support.

### Family Transitions

This is a parallel programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating parenting. It gives parents ways to limit the negative effects on child development by promoting parenting and family processes that contribute to family adjustment after separation. It focuses on skills to resolve conflicts and cope positively with stress.

**Duration: 6 weeks**

### EPEC - Being a Parent Together

This programme is specifically for parents and carers who are concerned about disagreements, quarrels and unresolved difficulties in their relationship that is affecting their parenting. This conflict may at times put the couple's relationship at risk of separation and breakdown. It aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together course creates a trusting group ethos, where parents are encouraged and supported.

**Duration: 10 weeks**

### Separated Parents Information Programme (SPIP) - In Partnership with CAFCASS

This is a one off programme for 4 hours and helps parents who are not in the court arena to understand how to put their children first whilst they separate.

The programme encourages separated parents to behave in the best interests of their children and to become clearer about what their children need most from them. The programme also equips parents with skills to take steps for themselves; this may include developing agreements that do not need court intervention.

Parents do not attend the same session as their ex-partner, but the sessions give parents the tools to help support them and their child/children during this difficult time.

**Duration: 4 hours**

### EPEC - Being a Parent Together Workshop

This workshop is for co-parenting couples to attend together who are either living together or apart. This is an opportunity to reflect on what is working well in the family, putting the children's needs first and what areas could be further developed or changed. The workshop aims to improve child development and outcomes, parenting, family resilience and family relationships. The Being a Parent Together workshop course creates a trusting group ethos, where parents are encouraged and supported.

**Duration: 2 hours, 15 mins**





## Seminars

To book on a seminar, please visit our Eventbrite Page:  
<http://bit.ly/SheffParentHub> and select the correct session.

## Discussion Groups

To book on a Discussion Group, please visit our Eventbrite Page:  
<http://bit.ly/SheffParentHub> and select the correct session.

## Group Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on **0114 2057243** or [sheffieldparenting@sheffield.gov.uk](mailto:sheffieldparenting@sheffield.gov.uk)

**Tips and information from Sheffield Family Centres and Sheffield Parent Hub will be shared on our social media pages:**



@SheffieldFamilyCentres



@SheffFamilyCtrs



@SheffieldFamilyCentres



Sheffield Family Centres



<b>0-12 Triple P</b>	<b>Programme dates TBA</b>
<b>Baby &amp; Us (EPEC)</b>	<b>Mon 24<sup>th</sup> April 23 – Mon 10<sup>th</sup> July 23   10:00am – 12:15am   Primrose Family HUB</b>
	<b>Wed 17<sup>th</sup> May 23 – Wed 19<sup>th</sup> July 23   10:00am – 12:15pm   First Start Family Centre</b>
	<b>Thurs 18<sup>th</sup> May 23 – Thurs 13<sup>th</sup> July 23   10:00 – 12:00pm   Wybourn Family Centre</b>
	<b>Mon 22<sup>nd</sup> May 23 – Mon 24<sup>th</sup> Jul 23   10:00am – 12:00pm   Valley Park Family Centre</b>
<b>Being a Parent (EPEC)</b>	<b>Tue 25<sup>th</sup> April – Tue 27<sup>th</sup> June   9:30am – 11:45am   Spa View Community Church</b>
	<b>Tues 25<sup>th</sup> April 23 – Tues 27<sup>th</sup> June 23   10:00am – 12:15pm   Stocksbridge Family Centre</b>
	<b>Programme Date TBA   Lowedges Community Centre</b>
<b>Being a Parent ASD (EPEC)</b>	<b>Wed 26<sup>th</sup> April 23 – Wed 25<sup>th</sup> July 23   9:30am – 11:45am   Astrea Primary School</b>
	<b>Thurs 27<sup>th</sup> April 23 – Thurs 6<sup>th</sup> July 23   9:00am – 11:45am   Online session</b>
<b>Being a Parent Together (EPEC)</b>	<b>Thurs 20<sup>th</sup> April 23 – Thurs 22<sup>nd</sup> June 23   9:30am – 11:45am   Online session</b>
<b>Cygnet</b>	<b>Thurs 4<sup>th</sup> May 23 – Thurs 13<sup>th</sup> July 23   10:00am – 12:15pm   Old Sharrow Junior School</b>
<b>Fear-Less – Triple P</b>	<b>Wed 19<sup>th</sup> April 23 – Wed 24<sup>th</sup> May 23   10:00am – 12:15pm   Ecclesfield Secondary School</b>
	<b>Tues 6<sup>th</sup> June 23 – Tues 11<sup>th</sup> July 23 6:00pm – 8:15pm   Online session</b>
<b>Incredible Baby</b>	<b>Wed 19<sup>th</sup> April 23 – Wed 7<sup>th</sup> June 23   10:00am – 12:00pm   Stradbroke Community Centre</b>
<b>Incredible Toddler</b>	<b>Tues 2<sup>nd</sup> May 23 – Tues 27<sup>th</sup> June 23   10:00am – 12:00pm   Online session</b>
<b>Incredible Years 3-8</b>	<b>Fri 28<sup>th</sup> April 23 – Fri 21<sup>st</sup> July 23   9:30am – 11:30am   Online session</b>

Incredible Years ASD	Programme dates TBA
Living with Teenagers (EPEC)	Thurs 27 <sup>th</sup> April 23 – Thurs 22 <sup>nd</sup> June 23   10:00am – 12:15pm   Vestry Hall, Cemetery Road, S11 8FP
	Wed 26 <sup>th</sup> April 23 – Wed 28 <sup>th</sup> June 23   10:00am – 12:15pm   Online session
Stepping Stones	Wed 3 <sup>rd</sup> May 23 – Wed 12 <sup>th</sup> July 23   6.00pm – 8.00pm   Online session
	Thurs 20 <sup>th</sup> April 23 – Thurs 22 <sup>nd</sup> June 23   10:00am – 12:15pm   Sheffield ADHD Project, Scotia Works
	Wed 3 <sup>rd</sup> May 23 – Wed 28 <sup>th</sup> June 23   10:00am – 12:15pm   Online session
Teen Triple P	Programme dates TBA
Teen Triple P Plus	Tues 25 <sup>th</sup> April 23 – Tues 27 <sup>th</sup> June 23   6:00pm – 8:00pm   Online session
Family Transitions & Separated Parents Information Programme (SPIP)	Please email <a href="mailto:Sheffieldparenting@sheffield.gov.uk">Sheffieldparenting@sheffield.gov.uk</a> for dates/times/venues

*Please note: Due to group size restrictions spaces on face-to-face programmes are limited. Booking or referral to a programme is essential.  
All groups are subject to change*

# Discussion Groups & Seminars Calendar

<b>Apr 23</b>	<b>(DG) Additional Needs Discussion Group</b> <i>Parents taking care of themselves</i> Tue 18 <sup>th</sup> Apr   10am – 12:15pm	<b>(SEM) Time to Sleep</b> Thurs 20 <sup>th</sup> Apr   5pm – 7pm	<b>(SEM) Coping With Teenagers Emotions</b> Mon 24 <sup>th</sup> April   5.30pm – 7.30pm	<b>(SEM) Father's Seminar</b> Mon 24 <sup>th</sup> Apr   6.30pm – 8pm	<b>(SEM) Time to Sleep (ASD)</b> Thurs 27 <sup>th</sup> Apr   5.30pm – 7pm				
<b>May 23</b>	<b>(DG) Being a Parent Together Workshop (EPEC)</b> Mon 15 <sup>th</sup> May   10am – 12pm	<b>(SEM) Raising Resilient Children</b> Mon 15 <sup>th</sup> May   5.30pm – 7pm	<b>(SEM) Time to Sleep</b> Tues 16 <sup>th</sup> May   10am – 12pm	<b>(DG) Additional Needs Discussion Group</b> <i>What's my child's sensory profile.</i> Tues 16 <sup>th</sup> May   10am – 12pm	<b>(DG) Dealing with Disobedience</b> Mon 22 <sup>nd</sup> May   5pm – 7pm	<b>(DG) Developing Good Bedtime Routines</b> Fri 26 <sup>th</sup> May   10am – 12pm			
<b>Jun 23</b>	<b>(SEM) Time to Sleep Under 5's</b> Wed 7 <sup>th</sup> June   10am – 12pm	<b>(SEM) Positive Parenting for Children with Additional Needs</b> Mon 5 <sup>th</sup> June   5pm – 6pm	<b>(DG) Reducing Family Conflict</b> Mon 12 <sup>th</sup> June   5.30pm – 7.45pm	<b>(SEM) Time to Sleep ASD</b> Tues 13 <sup>th</sup> June   10am – 12pm	<b>(SEM) Raising Responsible Teenagers</b> Tue 13 <sup>th</sup> June   5:30pm – 7pm	<b>(SEM) Raising Confident, Competent Children</b> Thurs 26 <sup>th</sup> June   12.30pm – 2.30pm	<b>(DG) Additional Needs Discussion Group</b> <i>Connecting with Child/Stress free time</i> Tue 27 <sup>th</sup> June   10am – 11am		

*Discussion Groups and Seminars are currently being delivered online unless otherwise stated above.*

We are continually updating our Discussion Groups and Seminars. Please visit our Eventbrite page for a full schedule of sessions: <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>