

Family and Relationship Support



A guide to free support available to Warwickshire families



www.warwickshire.gov.uk/parentguides



Warwickshire
County Council

Family and Relationship Support

None of us were taught how to be parents and sometimes we may find what we're doing isn't working or we just want some different strategies in our toolbox.

In Warwickshire, parents to be, parents, carers and grandparents have access to a variety of family and relationships resources and advice. Support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

The programmes form part of the Stepped Approach within Children and Families which includes a universal offer of workshops and programmes, to be accessed in the first instance, which are facilitated by experienced staff, and free to all Warwickshire parents and it is freely available to all families. It is about helping families deal with any issues as early as possible.

Our guides, workshops and programmes can help you come up with new ideas, problem solve and reduce stress. You won't be alone with many of the concerns you have so it can be encouraging to recognise and build upon your existing skills at the same time as sharing and learning from other parents and carers.

Family Support

Get in touch with a family support worker for advice and guidance on parenting and all aspects of family life.

Support can be offered through telephone calls, video calls, text messages or email to suit your needs.

Phone: 01926 414144

Available Monday to Friday 9am to 4pm. All enquiries will be responded to during this time.

To contact your local district or borough family support team via email please visit:

www.warwickshire.gov.uk/familysupport for more information.

The Family Information Service

Get in touch with Warwickshire's Family Information Service for advice and guidance on a wide range of subjects including:

- Housing
- Finance
- Childcare
- Parental conflict and contact
- Special Educational Needs and Disabilities (SEND)

Free Phone: 0800 408 1558

Email: fis@warwickshire.gov.uk

 **@WarwickshireFIS**

 **@WarksFIS**

Available Monday to Friday, 9am to 5pm. All enquiries will be responded to during this time.

Solihull Approach Online Guides

We offer a range of free parenting guides to support parents/carers feel more confident across all ages of childhood. You are in control of what you learn, at a time that suits you and at your own pace. You can do them alone or with someone else, together or separately but in tandem – it's your choice. They can also be translated into many languages using ReachDeck online.

You can access the online guides via: www.warwickshire.gov.uk/parentguides

There are 15 to choose from including:



**Understanding
your pregnancy**



**Understanding
your baby**



**Understanding
your child**



**Understanding your
teenager's brain**



**Understanding your child
with additional needs**

Enter the access code **BEAR** when promoted and a Warwickshire postcode.

Workshops

The Family and Relationship Support team offer a range of virtual and face-to-face workshops. Our short, two hour workshops provide a focussed overview of the theme. You are welcome to ask questions and interact in the session or alternatively turn off your camera and listen.

These are bookable two hour workshops on specific themes such as:

Understanding your child
Explores how positive parenting strategies can help support parents and carers to gain a greater understanding of children's behaviours and the needs behind them.

Understanding Your Teenager
Enhance parent/carers relationships with their teenagers building on the understanding of teenage development and behaviours. The workshop will provide parenting strategies to help create positive family relationships and healthy lifestyles and increase parent confidence. Topics covered during the session include: **What to expect during this phase, understanding your teens behaviour and communication.** We hope that by attending this workshop, parents will learn new ideas and techniques to respond and support their teenager in an understanding, positive and effective way helping to make the sometimes difficult teen years a little easier and more enjoyable.

Rules and Boundaries
Reasons why children behave the way they do and offers insight and strategies to help guide their behaviour. It will focus on how and why boundaries support children's development, parenting strategies that can be used to support boundaries such as rules, praise, routines, identify different parenting styles, build an awareness of positive parenting and how to implement this in day to day life and looking after our selves as parents and carers.

Routines and Sleep
Explores how and why routines support children's development, how to introduce a routine and use them effectively, routines and healthy sleep patterns, build an awareness of positive parenting and how to implement this in day to day life, and looking after our selves as parents and carers.

These are a general overview and if further support and advice is identified, contacts and referral pathways will be available at the end of the workshop.

Sleep support

Sleep Tight and Sleep Better
2 hours per week for 5 weeks.

Suitable for children 2 years & up

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. We offer 5- week sleep programmes for parents/ carers living in Warwickshire delivered by Parent Mentors who have been trained by The National Sleep Charity.

This programme provides parents and carers with support to help children who are experiencing sleep problems. It offers individualised detailed advice and support regarding the importance of sleep and understanding sleep cycles, as well as some of the common causes of sleep issues. The programme provides helpful strategies to overcome these problems and establish appropriate bedtime routines.

The programme will cover:

- The importance of sleep and understanding sleep cycles
- Causes of sleep issues
- Strategies to overcome sleep problems
- Establishing appropriate bedtime routines
- The importance of bedroom environment and positive parenting

Additionally, we can offer pre-arranged support via telephone and reviewing of sleep diaries alongside the sleep programme.

The Nurture Programme

2 hours per week for 10 weeks.

Suitable for parents/carers of children up to 12 years of age.

The 10-week Nurture Programme gives parents and carers practical tools and information to support you to raise happy, confident and emotionally resilient children.

Throughout the programme we will cover many of the common parenting issues and offer advice that will help you:

- Gain confidence and develop insight by understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Explore different positive parenting strategies to help guide behaviours
- Find different ways to develop co-operation and emotional regulation in children
- Learn the importance of looking after ourselves as parents and carers.

The course runs 2 hours per week for 10 weeks. This programme provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. It supports parents and carers with a deeper understanding of why children behave as they do and helps them to explore different ways to guide children's behaviour.

Solihull Approach 0-18 years

2 hours per week for 10 weeks.

'Understanding your Child' is intended for parents and carers who want to know more about sensitive and effective parenting. It aims to develop a framework of thinking about parent/child relationships that can be developed into a lifelong skill. This in turn promotes effective behaviour management.

The programme explores issues such as:

- Tuning into children
- Exploring feelings
- Parenting Styles
- Communication and what may be being communicated through behaviour
- Temper tantrums and anger - why they happen and how to support your children to regulate their emotions
- Sleep
- Behavioural difficulties

This is a great opportunity to meet other parents. Any parent/carers in Warwickshire can attend this programme. Age groups covered are from 0-18 yrs. Our experienced trainers will adapt the programme to use scenarios appropriate to the different ages of children whose parents/carers attend the group.

This programme aims to promote parent's understanding of behaviour in the context of their child's development. It promotes the relationship between child and parent and acknowledges that parenting can be challenging, therefore one of the main aims and outcomes reported by parents who have attended the programme is that it increases their confidence as a parent and helps them to respond to their children's needs and behaviours in a way that is beneficial to both child and parent.



Parenting Teenagers Programmes

2 hours per week for 4 weeks.

Teenagers are rewarding, stimulating and fun, but being a parent of one can be stressful and challenging. The teenage years can be challenging both for parents and teenagers themselves! But teenagers behaviour does not have to be a mystery.

The aim of the Talking Teens programme is to enhance parent/carers relationships with their teenagers. The groups focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict.

The 4-session runs for 2 hours a week for 4 weeks and provides support to manage challenges, enabling you to have a calmer, happier family life.

A tried and tested programme, it helps you to think about what we do, why we do it, how it makes us feel and explores common questions that many parents / carers have.

The sessions will look at:

- Being a parent of a teenager ; The role of parents for teenagers ; Responding to difficult feelings
- Understanding your teenager ; Understanding teenage development ; Parenting styles ; Praise and criticism
- Communicating with your teenager ; Talking and listening ; Communicating clearly ; Handling difficult issues
- Managing conflict ; Rules and boundaries ; Choosing how to respond ; Problem solving



Keeping your Child in Mind-Adults Working Together

2 hours per week for 4 weeks.

Parenting can be a hard role and when there is tension or conflict between parents this can be even harder. Conflict in relationships is normal, but when it is frequent, intense and poorly resolved it can impact on the outcomes of children.

The groups focus on relationships within the family and in particular the influence of parental relationships on children, including when there might be conflict and tension.

The word “parents” is used to refer to anyone in a parenting role, including foster carers, grandparents, etc.

Each week includes some presentation of theory, some opportunities for discussion about how the theory relates to parents’ own experiences, and a practical strategy, or strategies, to apply in their own situations at home.

The key aims of the sessions are to support parenting through developing the relationship between parents/carers and children by:

- Developing parents’ understanding of the impact of their interpersonal relationships on children and young people.
 - Promoting positive approaches to reducing parental conflict.
 - Providing an opportunity for parents to share their experiences with others.
- Exploring the importance of positive relationships within families.
 - Developing parents’ understanding of the importance of the 4 constructs to support their parenting.



Extra Support for Parenting

The Incredible Years 14 weeks and STOP 13 weeks.

These are evidence-based, group parenting programme interventions, which focus on supporting parents to strengthen their core relationship with their child/teenager and to break negative parent-child interaction cycles.

The programmes form part of the Stepped Approach within Children and Families which includes a universal offer of workshops and programmes, to be accessed in the first instance, which are facilitated by experienced staff, and free to all Warwickshire parents.

The Incredible Years/STOP programmes are intensive, targeted interventions, with limited availability so, to ensure accessibility for those families most in need, it is essential that the above stepped approach is followed.

Therapeutic Programme

**FLASH
10 week programme.**

This programme is for parents of a young person who is exhibiting self-harming behaviour and this behaviour is having an impact on the whole family. The course aims to create better communication and personal relationships between parent/carers and young people.



Extra support for separated parents

Separation and divorce is one of the hardest things to experience in family life. The Parenting Apart Programme supports parents to develop a healthy and successful co-parenting relationships.

Parents benefit from consideration of the stepped approach and for the best possible outcomes, it is recommended that firstly work is undertaken with parents to support them with recognising and understanding the impact of parental conflict/poor communication and co-parenting skills on children, and gain some skills to break the conflict cycle to improve communication/co-parenting skills before embarking on the Parenting Apart Programme.

The primary focus of The Parenting Apart Programme is to enable parents to develop a healthy and respectful Parenting Working Relationship (PWA). The PWA outlines all the details of the children's wishes, emotional and physical wellbeing covering practical issues including transition of care, childcare arrangements, residency, holidays, and schooling.

The Parenting Apart sessions aim to work to support parents to better communicate and form concrete arrangements which will result in a positive outcome for children.

The
Parenting
Apart
Programme

For additional support please talk to your allocated worker, email fns@warwickshire.gov.uk or call 01926 414147



Parent/carers testimonies:

"It will make me change the way to approach my children, to understand their needs more."

"It was a shining light at the bottom of a big, dark tunnel."

"It surprised me how much I learnt about myself; I thought I was just coming to help my grandson."

I wanted to reduce the impact of our separation on our children."

I've learned a lot about myself and I think it's made me a better parent."

"We have come to a better understanding of his thoughts and feelings and are starting to be able to deal with him much better."

"Best course I ever did! The workers that did the course were great and the people that was on the group as well as we all got close."

"Thank you so much for giving us access to this brilliant programme. The approach is so simple but so underrated. I have made so many changes in my parenting as a result."

"Let's you know you are not alone."

"It was great to share experiences and hearing other parents share about their lives."

"It's been great having the opportunity in coming together with other parents and reflecting/ learning about children's developments and ways that we may teach ourselves as parents as well as our children."

"It's given us the tools to help all of our family. Also, it's a breath of fresh air meeting other parents with exactly the same problem."



Courses for Parents and Carers supporting children and young people's mental health and well-being

Parents and Carers can access a range of courses to support children and young people's mental health and well-being through the Recovery and Wellbeing Academy www.recoveryandwellbeing.co.uk/Courses

From the website please select courses for parents or those caring for children to show the list of course.

Community Autism Support Service CASS casspartnership.org.uk

If you live in Coventry or Warwickshire with a diagnosis of autism, or are awaiting a diagnosis, we may be able to help you, your parents or your carer.

You can start by calling the Navigation Team and ask about available support. Our team is made up of autistic individuals and those with lived experience, including parents or carers of autistic individuals.



Clear and timely support across Coventry and Warwickshire

How to book or to find out more

Courses are free, easily accessible and are advertised and bookable through Eventbrite. Courses are advertised during the day and in the evening and weekends. Please see Eventbrite for specific course details.

If you would like to speak to someone about the workshops, or parenting programmes, please call **01926 414144**, Monday to Friday 9am - 4pm or email: ehparenttrainers@warwickshire.gov.uk



To book
www.eventbrite.co.uk/o/warwickshire-parenting-support-71623337213



You can find our online guides at
www.warwickshire.gov.uk/parentguides



To find out more please go to
www.warwickshire.gov.uk/parentingcourses