

# Parenting Programmes in Islington

Information for people working with families, carers  
& children and young people in Islington

Version 4 (March 2010 )



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Dear Colleagues

This draft document is a work in progress and provides information to agencies about some of the parenting programmes currently on offer to help sign post /refer to courses which best meet parents needs.

Leaflets on the programmes are also being produced for parents and carers .

An up to date list of groups running with details on who to contact is updated on a regular basis and available on the Family Directory .by following the link [www.islington.gov.uk/familydirectory](http://www.islington.gov.uk/familydirectory) .You need to search under Parenting Programmes in Islington. The list will also sent out to services via email .You can also ring the Family information Service 020 7527 5959

Many groups are open access so parents can make contact themselves

## Menu of Parenting Programmes currently on offer in Islington

An up to date timetable of courses on offer and how to access including detailed information about the programmes can be found by searching under parenting programmes on the Family Directory [www.islington.gov.uk/familydirectory](http://www.islington.gov.uk/familydirectory) .

### Universal - for all parents

**PAFT** ( pre birth to 3yrs ) - supporting parents as child's first teacher through home visits and parent groups .Increase child's readiness, school success and enhances parenting skills .Access via named children's centre family support teams

**Solihull** - ( 0-5 )1:1 approach which aims to improve parent / child relationships and behaviour management This approach will be accessible via children's centres multi agency teams as they are trained

**Strengthening Families Strengthening communities** (3 - 18 yrs) – a culturally sensitive programme which aims to increase understanding of child development increase parenting skills and confidence promoting positive change in family relationships and community involvement .13 weeks X 3hrs .Available for Turkish speaking ,Somali and Bengali families .Can be accessed via different children's centres ,schools and different community venues - see current listings and programme guide for who to contact

**Parentline Plus Telephone Parenting groups** ( 0- 19 yrs ) – aims to provide general support and tips on parenting .Parents are matched with parents with similar age groups and concerns .Parents are called on any number they wish for one and half a hours at same time for 6 weeks . Number to call 0207284 5536 or [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

### for parents who require additional support

**Incredible Years** ( 3 - 6yrs ) 12 week course improving parent child relationships and managing behavioural difficulties. Accessed via a number of Children's centres & CAMHS

**Mellow Parenting** ( 0- 5yrs ) 14 week course improving parent and child relationship parent self esteem and attachment for parents with complex needs including mental health and child protection concerns Programme also involves children. Can only be accessed within children's social care

**Teen Triple P & Group Teen** (12-16yrs ) – improve quality of parent-teenager relationships and strategies for managing behaviour problems delivered in group and 1:1 .Group 8 weeks including 3 weeks via phone support .Contact Coram Parenting Support service ( Tel no : 020 7561 8461)

**Strengthening Families 10 -14 - (8 – 15yrs)** – improve parent child interactions .Aims to prevent child alcohol and substance misuse .Parents and young people attend together. 7 weeks plus optional 4 booster sessions . Contact Coram Parenting support Service( 020 7561 8461) and CASA Family (02074285955)

**Family Links (5- 15yrs )** 10 week course improving empathy and parent and child relationships and more effective parenting skills . Accessed via Family Action ( Tel 020 7272 6933)

**Fostering Changes** ( for foster carers and adopters 0 – 11yrs ) Based on Incredible Years model and delivered to all foster carers in borough .Accessed via Islington Fostering Service

### Specialist

**NAS Early Bird Programme** ( parents of children under 5 diagnosed with an autistic spectrum disorder ) 3 month programme offering weekly group .Accessed via Islington Child Development Team 020 7445 8241

**Safe Landings ( under 5's)** A 10 week course for women and children experiencing domestic violence . Accessed by referrals only via Moreland Children's Centre (020 7336 8453)

**Let's Talk** ( 4- 11yrs ) 8 week workshop ( 4- 6pm) programme for up to 6 families Involves using the arts with families affected by domestic violence. Programmes take place each term at a children's centre .Places are accessed via agency referral only -.contact all change 0207 689 4646

**For parents of  
children aged:  
2-6yrs**

## **Incredible Years**

### **What is this programme?**

This programme helps parents to understand and manage their child's behaviour. The programme aims to help parents to increase use of positive strategies to enhance children's positive behaviours (play, praise, rewards) and to increase confidence in selectively using strategies to reduce unwanted behaviours (limit setting, ignoring, timeout ). The programme emphasises the importance of parents' sharing their experiences and encourages them to look at the benefits and challenges of each strategy to help children to learn new behaviours.

### **Where are the programmes delivered?**

In children's centres

### **Session details**

The course runs weekly for 12 weeks for two and half hours .Parents also receive a weekly call by the group facilitator in between group sessions to help put ideas into practice at home.

The course covers the following topics:

- Building a relationship through play
- Praising and rewarding your child
- Setting boundaries
- Reducing unwanted behaviour through ignoring and time out
- Looking after yourself and helping to keep calm
- Solving problems with your child

### **How it can parent join ?**

The programme is currently being offered through 3 children's centres and are delivered jointly by children's centre family support workers and CAMHS psychologists. Parents can self refer or be referred by other professionals.

Parents are seen for an individual assessment to ensure the course fits their needs. Please contact the named course contacts on the current list of parenting courses. You can also contact Nicola Webb at CAMHS 0207 445 8150

**For parents of  
children aged:  
0-5yrs**

## **Mellow Parenting**

### **What is this programme?**

Mellow Parenting is a 14 week one day a week group for parents who would like additional support in their parenting. The programme has been shown to be effective in supporting parents to make changes in their relationships with their children when children are on the child protection register and for children in need.

One year follow-up has shown lasting gains in mothers well being, parent-child interaction, child behaviour and child development and parents report feeling more confident and effective in their parenting.

The programme combines personal support for parents with a video and direct work with parents and children around individual parenting issues.

### **Where are the programmes delivered?**

The programme is being piloted for the first time at Bemerton Children's Centre. The pilot course is for mothers only

### **Content of the programme:**

Prior to the group starting, individual sessions will take place within the family home. This will include an interview and video taping of the parent and child interactions usually a family meal time or a time of the parent's choice

Transport and lunch are provided.

The course involves:

- Emphasis on empowering parents and building on strengths
- Personal group for parents while children are supported in the children's group – this gives time for parents to look at their own personal issues in a supportive and safe way including how they were parented as a child.
- Shared lunch time for children, parents and staff
- Time for children to learn and play together in the children's centre crèche run by qualified and experienced staff
- Activity sessions – including games and songs for parents and children to enjoy together
- Activities and outings to practice new skills
- Parenting workshop looking at parenting skills and sharing new ideas
- "Homework" tasks to try out at home.

### **How it can be accessed:**

No planned groups at present. A pilot is underway and future plans will be considered

**For parents of  
children aged:  
3-18yrs**

## **Strengthening Families, Strengthening Communities (SFSC)**

### **What is this programme?**

This is a popular parenting programme for all parents and carers with children aged 3 to 18 . This programme is for parents from all cultural backgrounds who would like to increase their parenting skills and build better relationships with their children at home and in the community.

### **About the programme**

SFSC runs for 3 hours a week for 13 weeks . Week one is an introductory session where you can find out more about the course . Participants can join up to week 3 .

### **Who is this programme for?**

For all parents and carers of children from toddlers to teenagers and from all cultural backgrounds. In Islington the course is available in English, Somali, Bengali and Turkish. The programme is also available for parents with learning difficulties . Parent manuals are available in other languages .

### **Where are the programmes delivered?**

SFSC is delivered in children's centres, schools and community settings

### **Content of the programme includes:**

- Understanding children's development
- Building positive family relationships
- Valuing family and cultural traditions
- 10 steps to positive discipline
- Anger management and handling stress
- Community involvement

### **Session details**

12 three hour sessions (plus an information session) which take place weekly. Parents also receive a mid week call to support putting new skills into practice. Parents can join the course up to the third week .All courses end with a celebration and certificate ceremony.

### **How can parents join ?**

SFSC course information and course contacts are listed on the Family Directory. From January 2010 courses will be running in a number of schools .For information about courses in Turkish contact Minik Kardes 020 7923 7226 For Bengali and Somali courses in schools contact Rahma Samater at the Ethnic Minority Achievement Service on 020 7527 5899. For courses for parents with learning difficulties contact Elfrida Society – Diane Simcoe 020 7359 7443

**For parents of  
children aged:  
5- 13yrs**

## **Family Links - The Nurturing Programme**

### **What is this programme?**

The Family Links Programme is based on four building blocks. These are: self-awareness and self esteem; appropriate expectations; empathy and positive discipline. These four areas provide the key elements for successful relationship and confident parenting.

### **Where are the programmes delivered?**

From the autumn 2009 these programmes will be delivered in the community led by Family Action and Islington Families.

### **Content of the programme:**

The Family links is a 10-week parenting course which runs for two hours weekly. Each parent also receives a copy of 'The Parenting Puzzle' work book to keep. The workbook makes the Family Links Programme available to be used on a group or an individual basis with parents.

### **Session Details:**

Session 1	Giving Praise
Session 2	Discipline
Session 3	Rules, rewards and penalties
Session 4	Power & Self-Esteem
Session 5	Feelings
Session 6	Kinds of touch
Session 7	Child development and realistic expectations for children
Session 8	Sex and helping to keep children safe
Session 9	Types of behaviour to ignore
Session 10	Continuing the family journey.

### **How can parents join :**

By contacting Family Action who will be leading on co-ordinating the programme in Islington. Valda Dagnell, Telephone number: 020 7272 6933

For parents of children  
12- 16yrs

## GROUP Teen Triple P

### What is this programme?

The programme aims to promote positive, caring relationships between parents and their teenager, to help parents develop effective management strategies for responding to concerns about behaviour and development ..

### Who is this programme for?

This programme is for parents of adolescents who have or are at risk of developing behavioural problems. Groups are usually 10 – 12 parents. The programme can also be delivered on an individual basis.

### Content of the programme:

Parents participating in Group Teen Triple P are provided with specific information to promote their teenagers development, reduce problem behaviour, and help their teenager to minimise or avoid risky situations with peers and in the community which may have a neagitive effect on the teenager's health or emotional well being.

### Session Details:

The programme consists of eight sessions:  
4 two-hour group sessions, followed by three 15-20 minute telephone sessions with each parent after the completion of the 4 group sessions, and a final group session (session 8).

The follow-up telephone sessions provide additional support to the parents as they put into practice what they have learned in the group sessions. The final group session allows parents to review progress and to share achievements. Both parents are encouraged to participate and if the teenagers are in school, parents are encouraged to discuss their participation on the programme with relevant teachers

<b>Session 1</b>	Positive Parenting
<b>Session 2</b>	Encouraging Appropriate Behaviour
<b>Session 3</b>	Managing Problem Behaviour
<b>Session 4</b>	Dealing with Risky Behaviour
<b>Session 5-7</b>	Implementing Family Routines
<b>Session 8</b>	Programme Review and Close

### Where are the programmes delivered?

In different community venues

### How can parents join ?

Please contact Coram Islington Parenting Service on 020 75618461. Parents can also call the Freephone parenting support line 0808 168 5717

**For parents and children  
aged:  
10-14yrs**

## **Strengthening Families 10 – 14**

### **What is this programme?**

The Strengthening Families Programme aims to help families with young people aged 10 to 14 years to prepare for the teenage years . The programme aims to build positive family communication and avoid problems with drugs and alcohol.

The programme has seven two hour sessions for parents and young people .Parents and young people meet separately for the first hour, then spend the second hour together in family activities and games .

### **Who is the programme for?**

The programme is for all families with children aged 10-14 years. Parents and young people need to attend together . A crèche is provided for young children in the family

### **Content of the programme**

Parents and carers will discuss ;

- What young people this age are like
- Making rules and consequences
- How to solve problems with young people
- Ways to show love and support

Young people will learn to:

- Handle frustration
- Resist peer pressure
- Appreciate parents and caregivers
- Get along with others

Families will

- Have fun in activities and games
- Discuss what makes their family strong
- Solve problems together

A family meal and snacks are provided as well as voucher prizes . Support is also available with transport and childcare if needed.

The programme also offers 4 optional booster sessions

### **How can families join ? :**

Two early evening groups are being planned 4.30 – 7pm starting at the beginning of June 2010 .Venues to be confirmed . For more information and to register for a place please contact Coram Islington Parenting Support Service 020 7561 8461 Parents can also call the Freephone parenting support line 0808 168 5717 or CASA Family Service 0207561 74960 .



**For parents of  
teenagers aged:  
12-16yrs**

## **Parenting with Love and Limits**

### **What is this programme?**

This programme is for parents and carers who are having difficulty managing the behaviour of their teenager. The programme was developed by Dr Scott Sells founder of the Family Institute in America. It gives practical guidance to parents who are trying to change and improve difficult teenage behaviour.

### **Where are the programmes delivered?**

The groups take place at the Brandon Centre in Kentish Town on Thursday evenings or Friday mornings.

### **Session details**

A group of parents meets weekly for six two-hour sessions with two practitioners trained to deliver the programme. Following the group sessions, additional support will be available for parents to help them to put into practice the lessons they learn from the group programme. Each session covers a different topic:

Session 1: Why your teenager misbehaves and the problems you have been having with your teenager.

Session 2: Understanding button-pushing and learning how to remain calm and in control when being provoked by your teenager.

Session 3: Why agreements with your teenager about her or his behaviour may not work and how to find extra support to back you up without taking your authority away as a parent.

Session 4: A step-by-step guide for using contracts to set clear boundaries on your teenager's behaviour and developing a back-up plan for when things might go wrong.

Session 5: A menu of consequences for stopping extreme behaviour such as threats and acts of violence, truancy, and alcohol or drug abuse.

Session 6: Restoring love between you and your teenager while remaining strong and sticking to your rules.

### **How can parents join ?**

Parents can self refer and agencies can make referrals either by telephoning Katrina Wright on 020 7424 9935 or in writing to the Brandon Centre. Geoffrey Baruch or Charles Wells can also respond to any enquiries on 020 7267 4792

**For parents of  
children aged:  
All ages**

## **Parentline Plus Telephone Groups**

### **What is this programme?**

Parentline Plus Telephone Groups offer free telephone parenting groups for parents/carers who prefer to talk on the phone or find it hard to get out of the house. Parents are able to share ideas with others, get support and pick up new tips on parenting. Telephone groups are small, with five or six parents and a facilitator. Parents are matched with parents of similar aged children who may be facing similar challenges

### **Where are the programmes delivered?**

Over the phone - Parents are called on any number they wish for one and a half hours for six weeks, at the same time each week.

### **Groups on offer and session details**

When parents register for a group, a member of the Parentline Plus team will phone the parent to discuss what group would suit best. Groups include:

**General Parenting Group** This group brings parents with similar aged children together, to share experiences of parenting, and to discover new ways of dealing with family life.

**Looking at anger** Learn how to communicate with children without using anger, and help children and parents handle angry feelings in a more positive way.

**Co-operation within the family** Learn how to gain co-operation in the family without conflict, and enjoy the benefits of a more positive future.

**Listening skills** This group will help parents really listen their child, helping them deal different aspects of life, and feel good about themselves.

**Coping with change or loss** Parental separation, bereavement, changing from primary to secondary school, can be hard to deal with. Finding ways of dealing with these situations that will help parent and child.

**Communicating with your teenager Helps** parents to build a more positive relationship with their teenager? This group helps to develop skills by sharing experiences with other parents with children of a similar age, and helps to understand as well as cope with teenager's behaviour.

## Parentline Plus Telephone Groups (continued)

**Bullying** Learn how to support your child if they are being bullied and to take action to stop the bullying. Also find ways to deal with how you feel about the situation by sharing with other parents who are going through similar things.

### How to join a group ?

Calling 020 7284 5536 or via their website [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

The group facilitator will phone parents individually for a short chat to find out what group would best fit their needs explain exactly how the phone groups works before the group starts. Parents can also fill in an enquiry form on line and a facilitator will contact them within 7 days.

Parentline also offer a free 24/7 helpline for parents who need to talk

FREE HELPLINE: 0808 800 2222 FREE TEXTPHONE: 0800783 6783