

## What's on for Parents/Carers

Free online courses to boost confidence.  
July, August, September 2024



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To book any of our FREE ONLINE courses email:  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

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# Meet our Supportive Team of Parenting Practitioners!



**Ann Marie  
Cox**



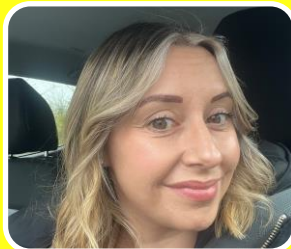
**Sarah  
Gregory**



**Sophie Lucas**



**Carly  
Evans**



**Gemma  
Adams**



**Helen  
Fountain**



**Jeorgia  
Spencer**

# Let's Book You In! WEBINARS

## The Power of Positive Parenting (2-8 years) 90 minutes

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

This webinar is perfect for new parents, or those who need a refresh!

It 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

Monday 1<sup>st</sup> July 10-11:30am

Thursday 8<sup>th</sup> August 10-11:30am

Wednesday 11<sup>th</sup> September 12:30-2:00pm



*for every parent*



# Let's Book You In! WEBINARS

## Managing Anxiety and Raising Resilient Children

**(2-12 years) 90 minutes**

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

This session is for parents who want to develop their child's understanding of feelings, and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

Tuesday 16<sup>th</sup> July 12:30-2:30pm

Tuesday 20<sup>th</sup> August 10-12:00pm

Monday 16<sup>th</sup> September 12:30-2:30pm



# Let's Book You In! WEBINARS

**Starting Primary School (Reception to Year 3) 90 minutes**

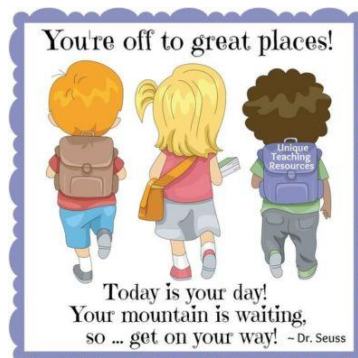
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Are you looking to help your child prepare for school? In this helpful webinar, parents will discover six key elements to empower children to excel confidently in school and in life. These essential skills for success include:

- Showing respect towards others
- Being thoughtful and considerate
- Developing effective communication and social skills
  - Building and maintaining healthy self-esteem
  - Enhancing problem-solving capabilities
    - Encouraging independence

Monday 15<sup>th</sup> July 12:30-2:00pm

Thursday 15<sup>th</sup> August 10-11:30am



# Let's Book You In! WEBINARS

## Starting Secondary School

**(10+) 90 minutes**

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Starting secondary school is a big milestone in a child's life.

It marks the end of being at a small primary school and the start of being in a much bigger school environment, where there are greater expectations on a child or young person to be independent.

Gain practical advice on how to support your pre-teen in developing independence and resilience in their new school.

Wednesday 14<sup>th</sup> August 6:30-8:00pm

Friday 30<sup>th</sup> August 10-11:30am



# Let's Book You In! WEBINARS

## Top Tips for Encouraging Positive Behaviour

(Children with Additional Needs) 90 minutes

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

This fantastic introductory session discusses common tricky behaviours such as hitting, shouting, and refusing to follow family rules and boundaries. Gain skills in how to encourage positive behaviour and create your own useful parenting plan to make some positive changes at home!

Tuesday 2<sup>nd</sup> July 12:30-2:30pm

Thursday 12<sup>th</sup> September 10-12:00pm



*for every parent*

Turning Problem  
Behaviour into Positive  
Behaviour





# Let's Book You In! WEBINARS

**NEW!**

## **Learning about Neurodivergent Children**

**(2-19 years) 2 hours**

**[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)**

This introductory session is for parents who want to develop their understanding and knowledge of different types of neurodivergence and ways to best support neurodivergent people. Topics include:

- What is Neurodivergence?
- Autism vs ADHD
- Common types of neurodivergence
- Pathological Demand Avoidance (PDA)
- Sensory Sensitivities
- Understanding meltdowns and best ways to respond.



**Tuesday 30<sup>th</sup> July 6:30-8:30pm**

**Tuesday 27<sup>th</sup> August 10-12:00pm**

**Monday 23<sup>rd</sup> September 12:30-2:30pm**

# Let's Book You In! WEBINARS

## Encouraging Positive Choices and Listening Skills

(2-12 years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Taking turns, waiting, following instructions, getting along with others, and being told “no” can be hard, especially for younger children.

As they grow, the emotional centre of their brain is developing.

They're always learning, and tantrums are a normal way to express themselves. If you're wondering how to get your child to co-operate without yelling, it helps to start to understand what could be making them behave this way.

This very popular session helps parents to teach their children limits, make good choices and build a strong bond through effective communication.

Tuesday 9<sup>th</sup> July 12:30-2:30pm

Tuesday 6<sup>th</sup> August 6:30-8:30pm

Friday 20<sup>th</sup> September 10-12:00pm



*for every parent*  
Dealing with Disobedience

# Let's Book You In! WEBINARS

Managing Fighting and Aggression (2-12 years) 2 hours

Fed up with constantly asking your children to “play nicely”  
or “stop fighting!”?

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Thursday 4<sup>th</sup> July 10-12:00pm

Tuesday 10<sup>th</sup> September 10-12:00pm



# Let's Book You In! WEBINARS

## Healthy Sleep Webinar (4-11 years)

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

The Parenting Team delivers this webinar alongside the East Sussex School Health Team to share FANTASTIC tips for a good night's sleep!

So, let's talk about sleep! What's normal?

How do we cope? Knowledge is power.

This webinar aims to highlight current evidence, and help parents understand their children's sleep a little better. Explore healthy sleep routines and learn how to build good foundations for a lifetime of good sleeping habits.

Monday 15<sup>th</sup> July 10-11:00am

Thursday 12<sup>th</sup> September 1-2:00pm



# Let's Book You In! WEBINARS

## The Importance of Play (2-10 years)

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Let's talk about play! What is it and why is it so important?

Play is an essential tool that can help to support our child's core skills such as social, cognitive, physical, emotional, and creative skills.

This webinar discusses ways in which we as parents can get involved and encourage our children to play in ways that help to develop their confidence, self-esteem, curiosity, and independence.

Play and learning go hand in hand.

Wednesday 10<sup>th</sup> July 1-2:30pm

Wednesday 18<sup>th</sup> September 10-11:30am



# Let's Book You In! WEBINARS

## Building Teen Survival Skills (10+ years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Talking to teenagers about risky situations can be tricky, as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover at their friend's house who you don't know? Do they want to stay at home alone, do they want to hang out in town with their friends? Teenagers need to be able to recognise risky situations, have a plan for coping with these and/or avoid more dangerous situations.

Tuesday 20<sup>th</sup> August 6:30-8:30pm

Monday 30<sup>th</sup> September 12:30-2:30pm



# Let's Book You In! WEBINARS

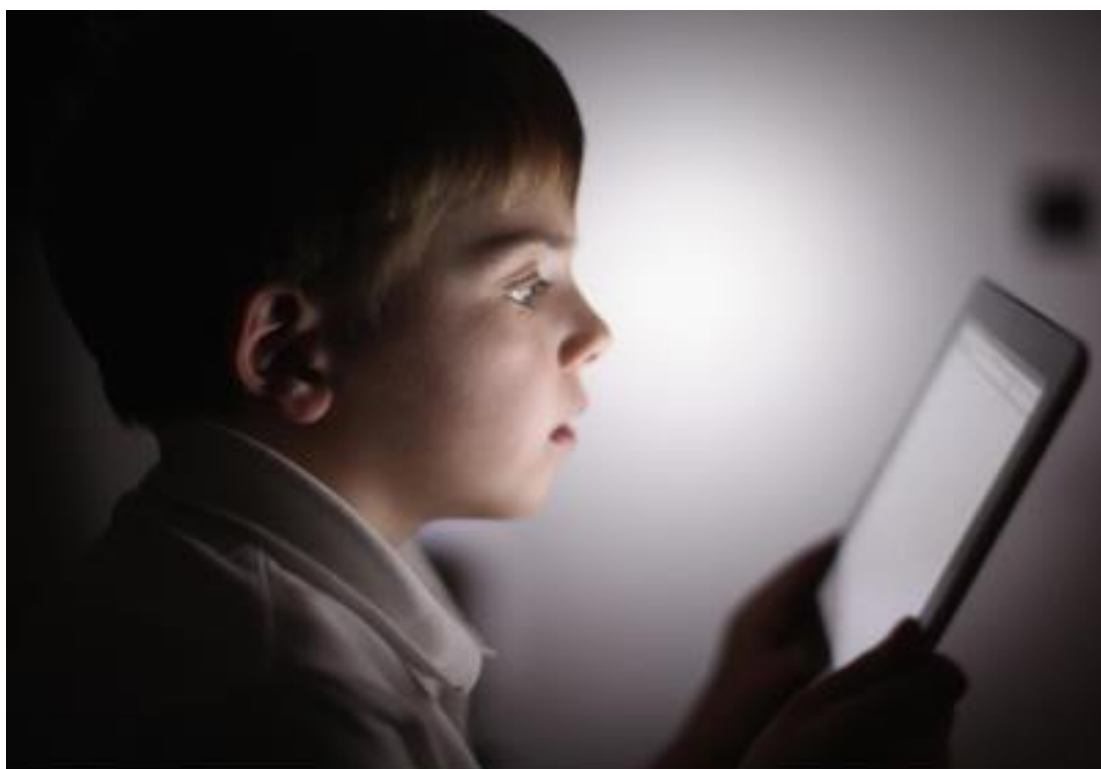
## Managing Screen Time (2-10 years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and even smartwatches.

We understand the challenges parents face in the ever-changing digital world – this webinar will support you through tricky conversations, digital dilemmas and setting them up safely.

Wednesday 10<sup>th</sup> July 10-12:00pm



# Let's Book You In! WEBINARS

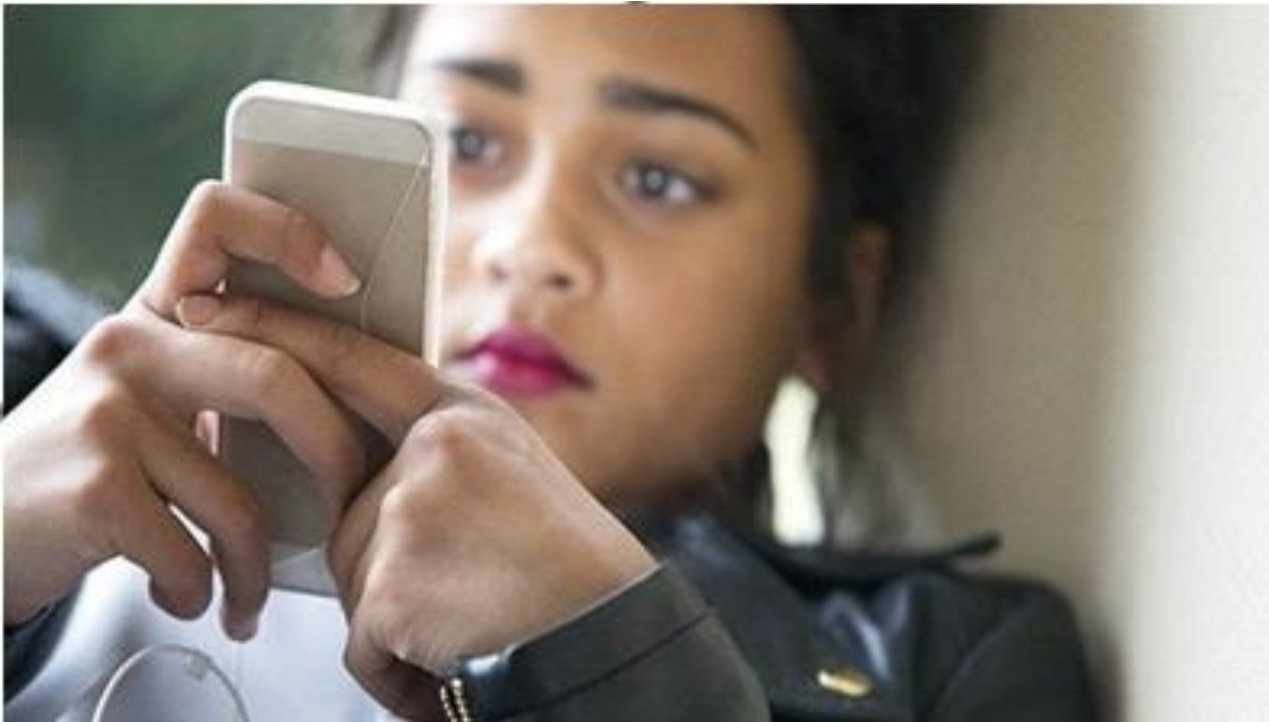
## Managing Screen Time (10+ years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

How could we live without our smartphones, laptops, and other devices that allow us to go online? That's how most of us keep in touch with friends and family, take pictures, do our homework, find out the latest news, and shop.

But besides the millions of sites to visit and things to do, going online offers lots of ways to waste time — and even get into trouble! Join this webinar for some top tips on how to have open conversations and keep your teens safe online.

Tuesday 23<sup>rd</sup> July 6:30-8:30pm





# Groups - Let's Book You in!

To book onto any of these, please email your name, the title and date of the group you wish to attend to: [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Or call 01424 725800 to discuss options.

## New Forest Parenting Programme – 7 sessions

**(3-11 years) – Children with moderate to severe symptoms of ADHD**

The New Forest Parenting Programme (NFPP) is for parents with a child between the ages of three and 11 with moderate to severe symptoms of ADHD.

NFPP takes place online and during these sessions, parents are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parents also learn strategies for managing their child's behaviour and attention difficulties.

**Wednesday 25<sup>th</sup> September – 13<sup>th</sup> November**

**10:00-12:00pm**



# Groups - Let's Book You in!

## Triple P Group FEAR-LESS (4-9 years)- 7 sessions

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Fear-Less Triple P is designed for parents (and caregivers) of children with high levels of anxiety that cause significant distress or negatively impact on their everyday lives.

Fear-Less Triple P has four main goals:

- To help parents set a good example of coping with anxiety
  - To assist parents to coach all their children to become emotionally resilient
- To help parents develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents choose effective ways to respond to their children's anxiety

Tuesday 17<sup>th</sup> September – 5<sup>th</sup> November 2024

10:00-12:00pm



# Groups - Let's Book You in!

## Triple P Group TEEN

### Teen Programme for Parents (10+ years) – 7 weeks

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive and non-hurtful way. It is based on the use of good communication and positive attention to help teenagers develop the skills they need.

This seven-week Triple P course for parents of teenagers will enable you to learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you.

Wednesday 25<sup>th</sup> September – 13<sup>th</sup> November

6:30-8:30pm



# Groups - Let's Book You in!

## Triple P Group Stepping Stones – 8 sessions

(4-10 years) (Children with Additional Needs)

The pressure of raising a child with additional needs can put a strain on family life. Come and meet other parents experiencing similar situations and learn simple strategies that can make life at home a little easier for everyone. This group can help you manage problem behaviour and development issues common in children with a disability or additional needs, diagnosed or undiagnosed. It helps you encourage behaviour you prefer, cope with stress, teach your child new skills and build better family relationships.

Thursday 26<sup>th</sup> September – 21<sup>st</sup> November

10:00-12:00pm



# Groups - Let's Book You in!

## Group Triple P – Positive Parenting Programme

(2-10 years) 7 sessions

Triple P is a group programme for families with children aged 2-10 years. The programme provides a range of strategies for building positive relationships with children and dealing with a range of childhood behavioural and emotional difficulties. The main topics include - why children behave the way that they do, helping children to develop and learn new skills, managing tricky behaviour and planning ahead for the future.

Tuesday 24<sup>th</sup> September – 12<sup>th</sup> November

10:00-12:00pm



# Further Information

Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support and advice to help build a positive relationship with your child or your partner, we can help.

Check out our website and Facebook page for regular updates on available courses and events.

<https://familyhubs.eastsussex.gov.uk/activities>

and <https://www.facebook.com/TheParentingTeam>.

Please call the team on 01424 725800 or email:

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk) for further support.

Kind Regards,

*East Sussex Parenting Team*

