

Evidence Based Parenting Programmes in Sheffield

What's on?

April - August 2018

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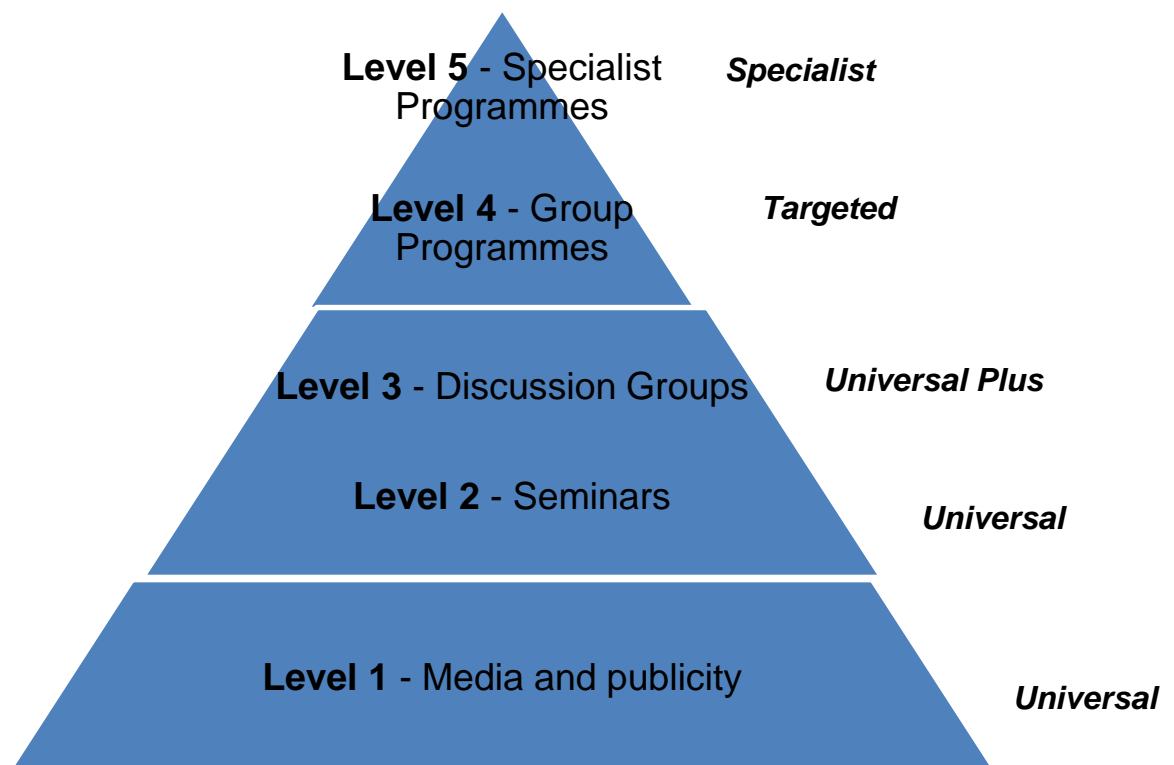
Sheffield Parenting Delivery model

The way that Evidence Based Parenting is delivered in Sheffield is changing.

The new model of Evidence Based Parenting delivery will involve the introduction of Triple P Seminars and Discussion Groups to enable parents to access one off standalone parenting sessions. The service will continue to deliver Incredible Years and Triple P group programmes and these will be targeted at parents / carers who need, or wish to receive this level of input, whilst others may find single sessions to be enough to support their needs.

The new model works across the continuum of need and draws upon the Triple P and Incredible Years evidence based models. This works on the basis of five levels of support:

- **Level 1:** Public information and awareness raising.
- **Level 2: Seminars.** Triple P Stand-alone 'light touch' parenting information sessions to large groups. These will be organised in School and community settings.
- **Level 3: Discussion Groups.** Triple P Stand-alone small group parent discussion groups on commonly encountered problems.
- **Level 4: Group Programmes.** Triple P and Incredible Years targeted group programmes of 8 - 15 weeks covering a range of parenting strategies.
- **Level 5: Specialist Programmes.** High intensity programmes for complex needs.



Making a referral

The referral route for all Discussion Groups and Group Programmes continues to be through MAST screening. Please be aware that Social Workers should continue to refer using the MAS form on Carefirst.

Below is a schedule of what's on across the city including Discussion Groups (single group sessions) and Group Parenting Programmes. Parents can attend a programme in any area of the city.

For more information or to discuss a case prior to making a referral, please contact the Specialist Parenting Practitioner in your area.		
<p>North MAST</p> <p>Sorby House 42 Spital Hill Burngreave S4 7LG 0114 2331189</p> <p>Parenting Specialists:</p> <ul style="list-style-type: none"> • Barbara Sharrock • Laura Barma • Saika Mustafa • Diane Butcher 	<p>East MAST</p> <p>First Floor Shortbrook Primary Site Northway Westfield S20 8FB 0114 2053635</p> <p>Parenting Specialists:</p> <ul style="list-style-type: none"> • Patience Bush • Anne Ives • Caroline Falconer • Bev Lancaster 	<p>West MAST</p> <p>Old Sharrow School South View Road S7 1DB 0114 2506865</p> <p>Parenting Specialists:</p> <ul style="list-style-type: none"> • Fiona Brown • Yvonne Higgins • Glynis Taylor • Kate England

What's On

Seminars

<u>Seminar</u>	<u>Date</u>	<u>Time</u>	<u>Venue</u>
Raising Competent Teenagers	Monday 2 nd July 2018	5.30pm-7pm	Ecclesfield Secondary School, Chapeltown Rd, Sheffield S35 9WD

Discussion Groups

Discussion Group	Date	Time	Venue
<p>0-12 Dealing with Disobedience</p> <p>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.</p>	Tuesday 8 th May 2018	9.30- 11.45am	High Hazels Nursery, 475 Main Rd, Sheffield S9 4QJ
	Tuesday 15 th May 2018	9.30- 11.45am	Early Days Family Centre, 71 Palgrave Rd, Sheffield S5 8GS
	Monday 21 st May 2018	10-12.15pm	ROMA/SLOVAK Firvale Community Hub (PACA), 127 Page Hall Road, Sheffield, S4 8GU
	Wednesday 4 th July 2018	10-12.15pm	Dovercourt, 3 Skye Edge Ave Sheffield, S2 5 FX
	Monday 30 th July 2018	5.30-7.30pm	Sheffield Town Hall, Pinstone Street S1 2HH
<p>0-12 - Managing fighting and aggression with children under 12</p> <p>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.</p>	Wednesday 18 th April 2018	12.45- 2.45pm	Valley Park Family Centre, 100 Norton Avenue Gleadless Valley S14 1SL
	Monday 18 th June 2018	10-12.15pm	Meadows Children's Centre, 349 Shirecliffe Road, Sheffield S5 8XJ
<p>0-12 Developing Good Bedtime Routine</p> <p>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.</p>	Tuesday 24 th April 2018	9.30- 11.45am	Tiddlywinks centre, 7 Eastern Dr, Sheffield S2 3WP
	Monday 30 th April 2018	12-2.15pm	Shortbrook Family Centre, 26 Pedley Grove Westfield, Sheffield S20 8EW
	Friday 8 th June 2018	10-12.15pm	Burngreave Family Centre, 19 Spital St, Sheffield S3 9LB
	Tuesday 12 th June 2018	9.30-11.45	First Start Family Centre, 441 Firth Park Rd Sheffield S5 6HH

	Wednesday 15 th August 2018	9.30-11.45	Stocksbridge Children's Centre, 648 Manchester Road, Sheffield, S36 1DY
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.	Friday 20 th April 2018	10-12.15pm	Batemoor &Jordanthorpe Community Centre, 450 Dyche Ln, Sheffield S8 8BT
	Friday 18 th May 2018	10.12.15pm	First Start Family Centre, 441 Firth Park Rd Sheffield S5 6HH
	Tuesday 17 th July 2018	5.30-7.30pm	Sharrow Old Junior School, Southview Road S7 1DB
	Wednesday 18 th July 2018	9.15- 11.30am	Sheffield Town Hall, Pinstone Street S1 2HH
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 cooperative at home	Thursday 10 th May 2018	5.30-7.30pm	Sharrow Old Junior School, Southview Road S7 1DB
	Wednesday 11 th July 2018	12-2.15pm	First Start Family Centre, 441 Firth Park Rd Sheffield S5 6HH
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.	Thursday 26 th April 2018	12-2.15pm	Meadows Children's Centre, 349 Shirecliffe Road, Sheffield S5 8XJ
	Monday 18 th June 2018	10-12.15pm	ROMA/SLOVAK Firvale Community Hub (PACA), 127 Page Hall Road, Sheffield, S4 8GU
	Tuesday 26 th June 2018	10-12.15pm	Valley Park Family Centre, 100 Norton Avenue Gleadless Valley S14 1SL
Teen – Building Teenagers' Survival Skills This discussion topic explores why teenagers sometimes make risky decisions	Tuesday 24 th July 2018	9.45-12noon	Shortbrook Family Centre, 26 Pedley Grove Westfield, Sheffield S20 8EW

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.	Friday 17 th August 2018	10-12.15pm	Burngreave Family Centre, 19 Spital St, Sheffield S3 9LB
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.	Thursday 24 th May 2018	12-2.15pm	Dovercourt, 3 Skye Edge Ave Sheffield, S2 5 FX
	Tuesday 12 th June 2018	5.30-7.30pm	Sheffield Town Hall, Pinstone Street S1 2HH

Programmes

Programme	Start Date	Time	Venue
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	Thursday 19 th April 2018	10.00-12.00	Burngreave Family Centre, 19 Spital St, Sheffield S3 9LB
	Tuesday 24 th April 2018	10.00-12.00	Wybourn Family Centre, 224 Manor Oaks Rd, Sheffield S2 5EE
	Wednesday 25 th April 2018	1.00-3.00pm	Sharrow Family Centre, Highfield Library, London Road, Sheffield S2 4NF
	Wednesday 25 th April 2018	1.00-3.00pm	Stadia Technology Park, 60 Shirland Lane, Sheffield, S9 3SP
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: 10weeks	Wednesday 25 th April 2018	12.15-2.30pm	Netherthorpe Primary School, Netherthorpe St, Sheffield, S3 7JA
	Thursday 26 th April 2018	12.45-2.45pm	First Start Family Centre, 441 Firth Park Road, Sheffield S5 6HH
	Tuesday 1 st May 2018	12.30-2.45pm	Darnall Family Centre, 563 Staniforth Rd, Sheffield S9 4RA
Stepping Stones This programme is for parents of children	Thursday 19 th April 2018	10-12.30pm	The Learning Zone, 320 Wordsworth Avenue, Sheffield, S5 8NL

<p>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</p> <p>Duration 10-12 weeks</p>	Friday 20 th April 2018	10-12.30pm	Darnall Family Centre, 563 Staniforth Rd, Sheffield S9 4RA
	Wednesday 2 nd May 2018	10-12.30pm	Talbot Specialist School, Lees Hall Road, Sheffield, S8 9JP
<p>Incredible Years 2-8</p> <p>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.</p> <p>Duration: 15 weeks</p>	<p>Courses began in March</p> <p>Future dates to be arranged</p>		
<p>Teen Triple P</p> <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.</p> <p>Duration: 8- 10 weeks</p>	Wednesday 18 th April 2018	9.45-12.00noon	Abourthorne Social Centre, 550 East Bank Road Sheffield S2 2AL
	Tuesday 8 th May 2018	12.30-2.45pm	Sorby House, 42 Spital Hill, Sheffield, S4 7LG
<p>You and Me Mum (Level 5)</p> <p>This programme is for female survivors of domestic abuse who are no longer in an abusive relationship. The programme looks at the cycle of abuse and the impact of domestic abuse on children, and strategies for supporting children.</p> <p>Duration: 10-12 weeks</p>	Monday 16 th April 2018		Wybourn Family Centre, 224 Manor Oaks Rd, Sheffield S2 5EE
<p>Level 5</p> <p>For those parents who have already completed a level four programme of Triple P parenting either in a group or one to one setting e.g. 0 – 12, Teen or Stepping Stones</p> <p>For parents who feel they need additional support with their child's behaviour and who feel they would benefit from further practice sessions, mood management strategies, stress coping skills and if appropriate partner support skills.</p>	<p>Programme currently in progress</p> <p>Future dates to be arranged</p>		