

# Tower Hamlets

## Parent and Family Support Service

# Parenting programmes

Parenting programmes are a source of support for all parents and offer an opportunity to share experiences, develop an understanding of child development, build positive relationships and learn to deal with challenging behaviour.

PROGRAMME	AGE RANGE	INFORMATION
Strengthening Families Strengthening Communities (SFSC)	2-18 years	Aims to increase parental self-esteem and confidence and reduce child behavioural difficulties. Five sessions, shortened version adapted for online. Also available in Bengali and Somali. Evening programme in English. Thirteen weekly sessions.
Triple P Teen	12-18 years	For parents to build positive relationships with their teenager or for those who have concerns about problem behaviour, non-cooperation and aggression or wish to prevent behavioural problems from developing. Nine weekly sessions.
Triple P Group	2-11 years	For parents who wish to build positive relationships with their child, increase self-confidence and develop their skills and techniques for dealing with difficult behaviour. Eight weekly sessions.
Triple P Family Transitions	All parents	For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting. Six weekly sessions.
Triple P Online	2-11 years & 12-18 years	An individual online programme for parents to access and complete at their own pace. Practitioner support and guidance to complete the programme is available on request.
Emotional First Aid	All parents	Offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing. Six weekly sessions.
Speakeasy	5-18 years	For parents to develop the skills and confidence to talk to their children about growing up, relationships and keeping safe. Explores how Relationship and Sex Education (RSE) is taught in schools and the influence on children from media and peers. Four weekly sessions.
The Parent Factor in ADHD	5-16 years	A programme for parents with children diagnosed with attention deficit hyperactivity disorder (ADHD). The course will cover information to help understand the diagnosis and treatment, strategies to support your child and manage difficult behaviour and how to advocate on your child's behalf within the education system. Nine weekly sessions.

## Triple P discussion groups

For parents of children aged 2-11 years

- Encouraging positive behaviour
- Managing fighting and aggression
- Developing good bedtime routines
- Hassle-free mealtimes with children

For parents of children aged 12-18 years

- Coping with teenagers emotions
- Reducing family conflict
- Getting teenagers to co-operate
- Building teenagers' survival skills

### Get in touch

For all inquiries email: [Email: parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) Tel: **020 7364 6398**

To book a place or to make a referral download a referral form, scan the QR code or click or visit

[www.towerhamlets.gov.uk/parentingprogrammes](http://www.towerhamlets.gov.uk/parentingprogrammes)

