

Have you obtained consent from the parent/carer to make this referral?

- Yes Consent to share information was obtained as part of our original assessment
- Yes Parent/ carer gave their agreement for me to make this referral on their behalf
- No The referral is being made as part of an LBTH Children’s Social Care assessment
- No The referral is being made as part of a YOT statutory parenting order

If you have not obtained consent for any reason other than the two stated above, you should not proceed with this referral until consent to do so is obtained.

Reason for referral:

- Self-referral
- ADHD Diagnosis
- Poor behaviour
- Poor school attendance
- Disrupted family life
- Exclusion
- Child ASB/ASBO
- Other
- Single Parent Needs Support
- Drug/alcohol issues
- Risk of involvement in Gangs/Extremist Activity
- YOT Statutory Parenting Order
- YOT Voluntary Parenting Order
- CSC Initial/Core Assessment

What other relevant information should be considered?

As the referrer, what is your plan for ongoing input to this family?

Are other agencies involved with the family? Yes No

If YES please state agency:

Contact details:

Diversity Monitoring (Parents/Carers)

Example

KEY: Parent 1 Parent 2

- English
- Caribbean

Please write **1** or **2** in indicate parent **1** or **2** in the boxes as shown.

Residency
British/United Kingdom citizen?

- Yes
- No

Age

- 12-19 44-52
- 20-25 53-59
- 26-34 60-64
- 35-43 65+
- Prefer not to say/unknown

Employment status

- Self-employed
- Work full time
- Work part time
- Unemployed
- Volunteer
- Other

Parent is a national of another country, are they:

- A EU National
- A Refugee
- An Asylum Seeker
- A Student
- Other

Do either parent/carer consider themselves to be disabled?

- Yes
- No
- Prefer not to say/unknown

White

- English Irish
- Scottish Welsh
- Gypsy Irish traveller
- Other white background

Mixed/Dual Heritage

- White and Asian
- White and Black African
- White and Black Caribbean
- Other White background

Asian or Asian British

- Bangladeshi
- Chinese
- Pakistani
- Vietnamese
- Indian
- Other Asian background

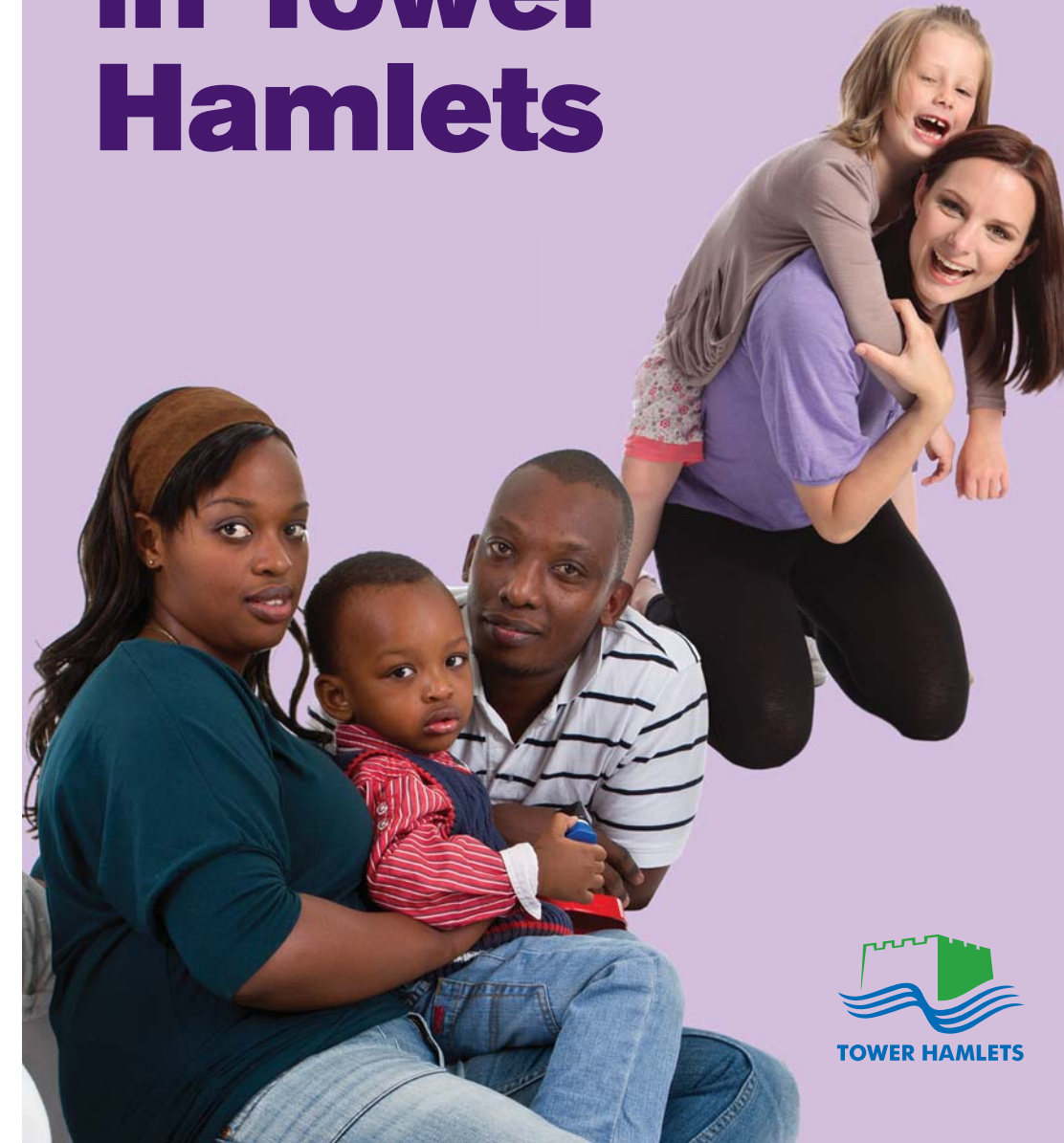
Black or Black British

- Caribbean
- African
- African Somali
- African Other
- Other black background

Religion/Belief

- Buddhist Christian
- Hindu Jewish
- Muslim Sikh
- No religion
- Other religious belief
- Prefer not to say

Parenting Programmes in Tower Hamlets



Parenting Programmes in Tower Hamlets

Courses to help families build and maintain relationships.

At times parents and carers need help and advice to deal with the everyday challenges of family life. Parenting programmes allow

parents to share their parenting experiences, learn skills to deal with challenging behaviour and manage conflict positively. Parents benefit from increased confidence in managing behaviour and a greater understanding of children's development.

Parenting programmes take place in schools, children's centres and community venues across the borough from Mondays to Saturdays. They can be delivered in English, Bengali and Somali. Support for speakers of other languages can also be arranged. Many courses are supported by a crèche.



About the Programmes

The programmes are free to attend and some courses are aimed at dealing with specific age groups, ranging from babies to teenagers.



To attend a parenting programme or discuss which course would best meet the needs of you and your family, please contact:

The Parent and Family Support Service
020 7364 6398
parenting@towerhamlets.gov.uk

It is not usually possible to join a course which has already started, but it may be possible to be added to a waiting list for the next course.

Professionals are also welcome to refer parents or carers to parenting programmes. A referral form is included at the end of this booklet.

Courses are open to any caregiver responsible for the care, protection and upbringing of a child, including foster parents or connected persons, grandparents, siblings or other family members.

Strengthening Families, Strengthening Communities (SFSC)

Length of sessions: 3 hours

This 13 week programme is suitable for parents of children between the ages of birth -18.

It is designed to promote effective behaviour management with children, as well as encouraging community involvement with parents. The programme supports parents to:

- Learn new skills for communicating effectively with their children
- Discuss and practice positive discipline and setting boundaries
- Explore ways to reduce conflict and challenge unacceptable behaviour

“I have improved my relationship with my children – I would recommend this class for every parent.”

- Learn about child development to support understanding of children’s behaviour at different stages
- Establish networks of support and build links within their community

SFSC is also delivered with a specialist focus eg supporting parents of a child with special educational needs or a disability, and parents of children who are at risk of extremist activities.

Triple P Programme

Length of sessions: 2.5 hours

This 8 week programme is for parents of children between the ages of 1-12 years.

Classes are delivered in small groups and enable parents to share common concerns about parenting and dealing with their children’s behaviour.

During the course parents will:

- Learn effective positive parenting strategies
- Gain skills to manage common child behaviour problems
- Learn how to understand and promote their child’s development
- Gain support from other parents

“Thank you for giving me my confidence back. I now feel equipped to deal with any problems that may arise in the future.”

The group sessions are followed up by three 15-30 minute telephone calls (once per week), addressing parents’ individual progress and any concerns that they may have.



Managing Children's Behaviour: A positive approach

Length of sessions: 2 hours

This 8 week programme is suitable for parents of children aged 18 months to five years.

The sessions include:

- Building a relationship and developing self esteem, through play and the use of praise
- ABC of behaviour (looking at antecedents, behaviour and consequences)
- The 'attention rule' and use of ignoring
- Giving instructions and setting rules and limits

The course includes direct teaching, discussion, watching video clips and role play.

"The course has been incredibly helpful. I can now express myself to my children without raising my voice. Our relationship has really improved."

Mellow Parenting

Length of sessions:
1 day per week

This 14 week programme is suitable for parents and carers with a child under the age of 5.

It is designed to support parents to establish relationships with their child.

The programme will help parents to:

- Build strong attachments with their child
- Practice positive behaviour techniques
- Introduce new ways of interacting with their child
- Develop positive ways to support their child's learning
- Widen their support network

The course includes group activities, hands on sessions, 'have a go' homework and video sessions.



"The group gave me confidence on how to be better with my children. I can say that now I have the experience to deal with different things."

The Incredible Years: Improving Access to Psychological Therapies (IAPT)

Length of sessions: 2 hours

This 14 week parenting programme is for parents of children with behavioural and conduct difficulties between the ages of 3-10.

The Incredible Years programme promotes and supports responsive and sensitive parenting and assists parents to directly reduce their children's behavioural problems before they get out of control. During the course parents will learn ways to:

- Develop an understanding of their child's temperament
- Learn effective parenting approaches to prevent behavioural difficulties becoming 'stuck'

“The course has helped me to be more consistent. It has made such a difference to my family”

- Strengthen their child's social and emotional life
- Respond to the needs of their child to increase wellbeing within the family
- Review which strategies are most likely to be effective in producing long term changes in their child's behaviour

Family Nurse Partnership

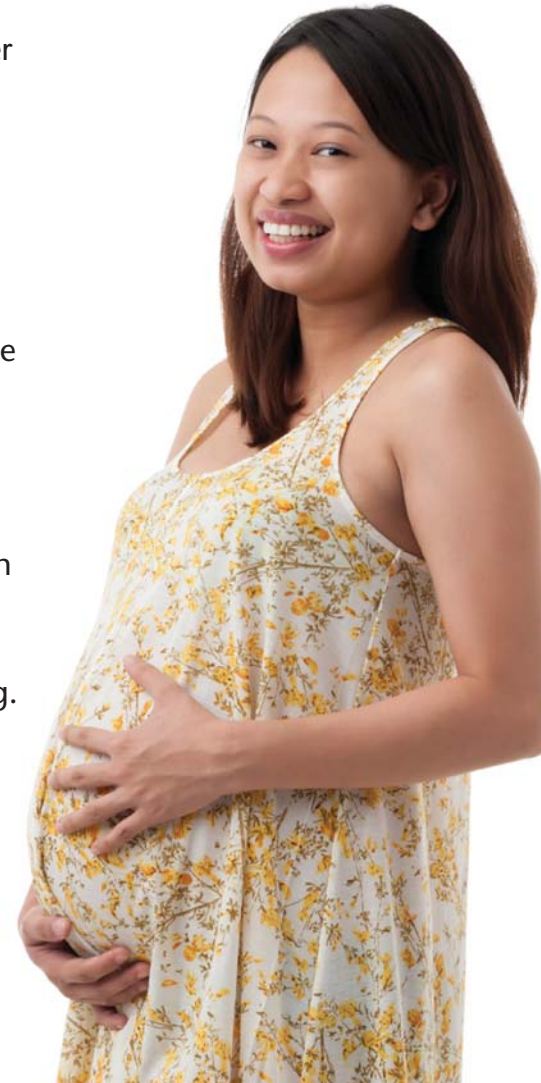
Length of sessions: varies

This programme is suitable for expectant first time mums under the age of 20.

Women can be referred up to the 28th week of their pregnancy.

Mothers enrol in the programme during their pregnancy and receive weekly or fortnightly visits from a Family Nurse until their child's second birthday. During these visits mothers learn about their child's health and development and receive support for their own well-being.

“The quality of life with my children and my family has improved”



Speakeasy

Length of sessions: 2 hours

This programme is suitable for parents of children of all ages.

This 4 week course provides an opportunity for parents to gain the confidence and skills needed to talk to their children in an age appropriate way about growing up. The sessions are informal and are based on discussion and practical tasks which cover the following:

- The physical and emotional changes taking place at puberty
- The influence on children from TV, media and peers
- Knowledge of how Sex and Relationship Education (SRE) is taught in schools
- Information and knowledge about how to access local support services for families

Speakeasy is also delivered with a specialist focus eg supporting parents of a child with special educational needs or a disability (SEND).

“The Speakeasy course taught me a lot, I feel more able to talk to my daughter and son about growing up.”

Emotional First Aid

Length of sessions: 2.5 hours

This 6 week programme is suitable for parents of children from birth-18 years.

It helps parents to recognise and understand signs of emotional distress within themselves, explore parents' experiences and identify solutions for emotional well-being.

The programme will help parents to:

- Recognise and understand the impact of emotional health on family well-being
- Reflect on personal experience and identify signs of anxiety
- Develop strategies towards taking responsibility and managing their own emotional well-being
- Recognise signs of common forms of emotional distress and related behaviours presented by their children



Triple P Teen

Length of sessions: 2.5 hours

This 8 week programme is suitable for parents of young people aged 11-18.

It aims to help parents cope with the ups and downs of parenting a teenager.

During the course parents will:

- Meet other parents and share experiences of bringing up teenagers
- Learn new skills for communicating effectively with their teenager
- Discuss and practice positive discipline and setting boundaries
- Discuss positive ways to reduce conflict and challenge unacceptable behaviour
- Explore local services that can support teenagers and their families

“The course has helped me to be more consistent. It has made such a difference to my family”

The group sessions are followed up by three 15-30 minute telephone calls (once per week), addressing parents’ individual progress and any concerns they may have.

Caring Dads

Length of sessions: 2 hours

This 17 week programme is for fathers who have physically abused, emotionally abused or neglected their children, or exposed their children to domestic violence.

The programme promotes child-centred fathering and works with fathers to help them recognise and understand the impact of their abuse on their children.

The course supports fathers to:

- Improve their relationship with their children
- Co-parent with children’s mothers in a respectful and non-abusive way
- Increase their ability to prioritise their children’s needs
- Reduce fathers’ over-reactivity to children’s misbehaviour

Attendance on this course is subject to specialist referral. Please enquire for further details.

“I have gained a wealth of knowledge, skills and ways to deal with challenging situations and behaviours”



The Parent Factor ADHD

Length of sessions: 2.5 hours

This 6 week programme is suitable for parents of children with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) aged 5-16.

It aims to support parents and other significant adults in a child's life to build relationships with their child and understand the diagnosis and treatment of ADHD.

This programme will:

- Increase parents' knowledge of ADHD and its treatment
- Give parents an insight into how it feels to be a child with ADHD
- Offer advice on how to promote a more positive relationship with their child
- Explore strategies for effective behaviour management

“The programme really helped me to understand my child's behaviour and establish a routine.”

Moving Parents and Children Together (MPACT)

Length of sessions: 2.5 hours

This 8 week programme provides a safe, non-judgemental environment which supports families to explore issues related to “hidden harm”.

Parents and children/young people aged 10-17 must attend together.

This programme is suitable for families where one or both parents are or have been misusing drugs and/or alcohol.

“The course has made it easier to talk about things, this is a new beginning for our family.”

During the course families will:

- Develop a greater understanding of substance misuse
- Explore strategies for breaking negative patterns of behaviour
- Enjoy quality time as a family
- Participate in activities which build resilience and support strategies for coping
- Practice positive and open communication

Anyone attending the programme must be free from mood altering substances (except prescribed medication).

The Power of Positive Parenting: Parenting Information Sessions

Length of sessions: 2 hours

These one-off sessions give parents information about promoting their child's development and focus on positive parenting techniques. During the sessions parents find out ways to:

- Promote their child's learning and development
- Manage routines and set boundaries
- Increase good behaviour through praise and positive attention
- Manage common child behaviour problems

"I learnt lots of new things, especially how important it is to praise my children if I want them to behave well."

Sessions are available for parents of children in the following age groups:
18 months -5 years
6-11 years
12 -17 years

These sessions are suitable for parents who may be taking first steps to seek parenting support.

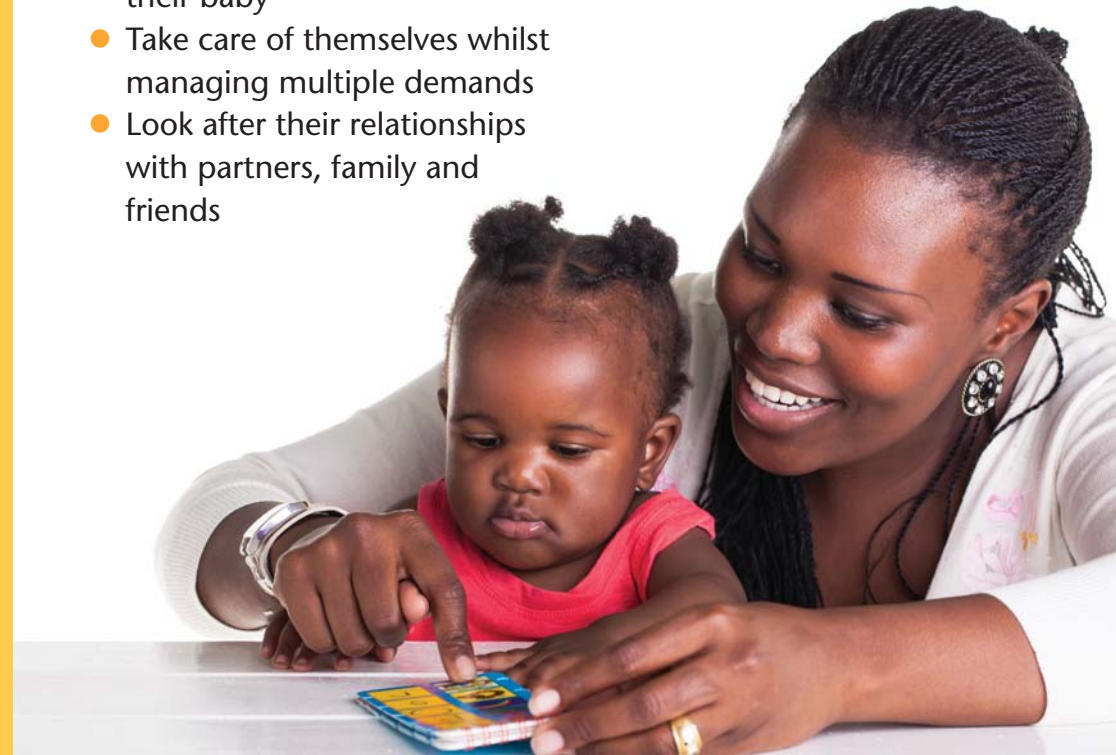
Raising Happy Babies

Length of sessions: 1.5 hours

This 6 week programme is for first time parents with a baby under 6 months.

The sessions include discussion based activities and support parents to:

- Learn how babies communicate from birth
- Strengthen the bond with their baby
- Take care of themselves whilst managing multiple demands
- Look after their relationships with partners, family and friends



Parenting Programmes Referral Form

Parental Engagement Team 5th Floor, Mulberry Place, 5 Clove Crescent, London E14 2BG **Tel:** 020 7364 6398
Email: parenting@towerhamlets.gov.uk

Parents and carers wishing to attend a parenting programme should complete the Blue section of this form. Professionals should complete all sections of this form. Please post or email the completed form to the above address.

Parent/Carer Information 1	
Name:	<input type="checkbox"/> M <input type="checkbox"/> F
Address:	
Postcode:	
Telephone:	
Mobile:	
Email:	
Parent/carers can speak and understand English: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Language spoken at home:	

Parent/Carer Information 2	
Name:	<input type="checkbox"/> M <input type="checkbox"/> F
Address:	
Postcode:	
Telephone:	
Mobile:	
Email:	
Parent/carers can speak and understand English: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Language spoken at home:	

Parenting Programmes in Tower Hamlets are delivered in partnership. Staff from the local authority, health and voluntary sector organisations work together to ensure parents and carers receive the support and information they need.

For further information on providers, locations and start dates for all programmes please contact:

The Parent and Family Support Service

020 7364 6398

parenting@towerhamlets.gov.uk

Landlord if known:	
<input type="checkbox"/> Tower Hamlets Council	<input type="checkbox"/> Poplar Harca
<input type="checkbox"/> Tower Hamlets Homes	<input type="checkbox"/> Not known
<input type="checkbox"/> Other (please state)	

Child's full name	Date of birth	School/children's centre/early years setting
1.		
2.		
3.		
4.		
5.		
6.		

Preferred time of course:	
<input type="checkbox"/> Mornings <input type="checkbox"/> Evenings <input type="checkbox"/> Weekends <i>(times cannot be guaranteed)</i>	
Interest expressed in the following programmes:	
<input type="checkbox"/> Speakeasy <input type="checkbox"/> Teenagers <input type="checkbox"/> Mellow Parenting <input type="checkbox"/> Dads	
<input type="checkbox"/> Triple P <input type="checkbox"/> ADHD <input type="checkbox"/> Emotional First Aid <input type="checkbox"/> SFSC	
<input type="checkbox"/> MPACT <input type="checkbox"/> Incredible Years/cyp-iapt <input type="checkbox"/> Not sure	
Childcare required: <input type="checkbox"/> Yes <input type="checkbox"/> No <i>(crèche cannot be guaranteed)</i>	

Is there a Common Assessment Framework (CAF) for this family? <input type="checkbox"/> Yes <input type="checkbox"/> No	

Team/Service/Agency Making referral:
Referrer's name:
Address:
Postcode:
Phone: