

Evidence Based Parenting Programmes in Sheffield

What's on?

January - Easter 2018

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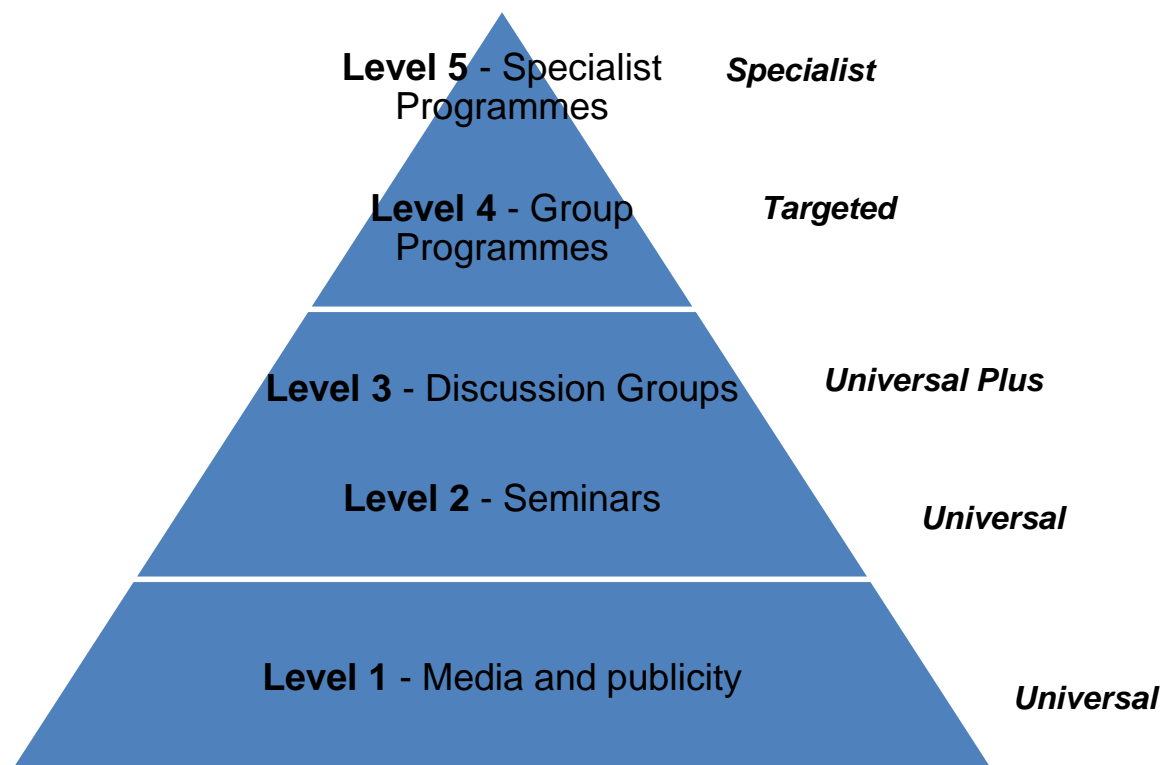
Sheffield Parenting Delivery model

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/Time</u>	<u>Venue</u>
Power of Positive Parenting	Saturday 20 th January 2018 11.00am-12.15pm	Town Hall, Pinstone Street S1 2HH

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>	<p>Roma Slovak Thursday 18th January 2018 9.30am – 11.45am</p>	Owlerbrook Primary School, Wensley St, Sheffield S4 8HQ
	<p>Monday 22nd January 2018 9.00am – 11.30am</p>	Little Beck, Beck Primary School, Beck Road, Sheffield, S5 0GG
	<p>Thursday 1st February 2018 9.30am-11.45am</p>	Halfway Junior School, Halfway Centre, Halfway, Sheffield S20 4TA
	<p>Tuesday 6th February 2018 9.00am-11.30am</p>	Pipworth Primary School, Pipworth Rd, Sheffield S2 1AA
	<p>Roma Slovak Thursday 15th February 2018 09.30am – 11.45am</p>	Owlerbrook Primary, Wensley St, Sheffield S4 8HQ
	<p>Thursday 1st March 2018 5pm-7pm</p>	Dobcroft Primary School, Pingle Road, S7 2LN
<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>	<p>Monday 5th February 2018 9.30am-11.45am</p>	Town Hall, Pinstone Street S1 2HH
	<p>Friday 16th March 2018 9.45am-12noon</p>	Primrose Children Centre, 45 Creswick St Sheffield S6 2TN
	<p>Wednesday 21st March 2018 5.30pm-7.45pm</p>	Town Hall, Pinstone Street S1 2HH
<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>	<p>Thursday 11th January 2018 9.30am-11.45am</p>	Manor Community Childcare, 33 Vikinglea Rd, Sheffield S2 1BE
	<p>Thursday 11th January 2018 5pm-7pm</p>	Dobcroft Primary School, Pingle Road, S7 2LN
	<p>Tuesday 23rd January 2018 9am-11.30am</p>	Meynell Primary School, Meynell Rd, Sheffield S5 8GN

	Wednesday 24 th January 2018 9.30am-11.45am	Shortbrook Primary School, Westfield Northway, S20 8FD
	Roma Slovak Thursday 1 st February 2018 10am-12.15pm	Firvale Community Hub (PACA), 127 Page Hall Road, Sheffield, S4 8GU
	Tuesday 13 th February 2018 9.30am-11.45am	First Start Family Centre, 441 Firth Park Rd Sheffield S5 6HH
	Tuesday 13 th March 2018 9.30am-11.45am	Shortbrook Family Centre, Westfield Northway, S20 8FD
	Wednesday 28 th March 2018 9.45am-12noon	Town Hall, Pinstone Street S1 2HH
<p>0-12 – Hassle-free Outings with Children</p> <p>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.</p>	Wednesday 10 th January 2018 9.15am-11.30am	Early Days Family Centre, 71 Palgrave Rd, Sheffield S5 8GS
	Friday 12 th January 2018 9am-11.15am	Mansel Primary School, Chaucer Rd, Sheffield S5 9QN
	Tuesday 6 th February 2018 12.30pm-14.45pm	Hillsborough Primary School, Parkside Road Sheffield S6 2AA
	Tuesday 13 th February 2018 9.30am-11.45am	Shortbrook Family Centre, Westfield Northway, S20 8FD
<p>Teen – Getting Teenagers to Cooperate</p> <p>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</p>	Wednesday 31 st January 2018 9.30am-11.45am	Arbourthorne Social Centre, 550 East Bank Road, S2 2AL
	Thursday 8 th February 2018 10am-12.15pm	Town Hall, Pinstone Street S1 2HH
	Wednesday 14 th March 2018 10am-12.15pm	Sorby House, 42 Spital Hill, Sheffield S4 7LG
<p>Teen – Coping with Teenagers' emotions</p> <p>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.</p>	Wednesday 17 th January 2018 9.45am-12noon	Lansdowne Meeting Rooms, 206 Club Garden Road S11 8BX
	Tuesday 23 rd January 2018 5.45pm-8pm	Town Hall, Pinstone Street S1 2HH
	Wednesday 21 st February 2018 10am-12.15pm	Sorby House, 42 Spital Hill, Sheffield S4 7LG

	Wednesday 28 th February 2018 1pm-3.15pm	Birley Academy, Birley Ln, Sheffield S12 3BP
	Thursday 1 st March 2018 5.15pm-7.30pm	Town Hall, Pinstone Street S1 2HH
Teen – Building Teenagers’ Survival Skills This discussion topic explores why teenagers sometimes make risky decisions 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.	Wednesday 14 th March 2018 9.30am-11.30am	Town Hall, Pinstone Street S1 2HH
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.	Wednesday 28 th February 2018 9.45am-12noon	Arbourthorne Social Centre, 550 East Bank Road, S2 2AL
	Wednesday 7 th March 2018 9.30am-11.45am	Sharrow Old Junior School, Southview Road S7 1DB

Programmes

<u>Programme</u>	<u>Start Date/Time</u>	<u>Venue</u>
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	Monday 29 th January 2018 10-12pm	Shortbrook Family Centre, Westfield Northway, S20 8FD
	Tuesday 23 rd January 2018 10.30-12.30pm	Darnall Children’s Centre, 562 Staniforth Road, S9 4RA
	Tuesday 16 th January 2018 1-3pm	Stadia Technology park(Social Care), Don Valley site, 60 Shirland Lane, S9 3SP
	Wednesday 24 th January 2018 1.30-3.30pm	Valley Park Children’s Centre, 100 Norton Avenue, S14 1SL
	Thursday 25 th January 1-3pm	First Start Children’s Centre, 441 Firth Park RD, S5 6HH
0-12 Triple P	Tuesday 23 rd January 2018 9.30-11.30	Tinsley Meadows, 34A Norborough Road, Sheffield, S9 1SG

<p>Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.</p> <p>Duration: 10weeks</p>	<p>Wednesday 24th January 2018 12.30 – 2.30</p>	<p>Stocksbridge Children's Centre 648 Manchester Rd, Stocksbridge, Sheffield S36 1DY</p>
	<p>Thursday 25th January 2018 9.30-11.30</p>	<p>Meadows Children's Centre 349 Shirecliffe Rd, Sheffield S5 8XJ</p>
<p>Stepping Stones</p> <p>This programme is for parents of children 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>	<p>Wednesday 10th January 2018 10am to 12.30pm</p>	<p>Sharrow Old Junior School, Southview Road, Sheffield, S7 1DB</p>
	<p>Thursday 11th January 2018 10am to 12.30pm</p>	<p>Paces Campus, 23 Pack Horse Lane, High Green, Sheffield, S35 3HY</p>
	<p>Friday 19th January 2018 10am to 12.30pm</p>	<p>Darnall Children's Centre, 563 Staniforth Rd, Sheffield, S9 4RA</p>
<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>Awaiting Confirmed Dates</p>	<p>Awaiting Confirmed Dates</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>	<p>Tuesday 16th January 2018 9:15 to 11:30</p>	<p>Burngreave Children's Centre, 19 Spital Street, S3 9LB</p>
	<p>Monday 22nd January 2018 12:30 to 14:45</p>	<p>Skye Edge Community Centre, Skye Edge Avenue, S2 5FX</p>
	<p>Wednesday 14th February 2018 15:30 to 17:45</p>	<p>Sharrow Old Junior School, South View Road, S7 1DB</p>
<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>	<p>Awaiting Confirmed Dates</p>	<p>Awaiting Confirmed Dates</p>

<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>Thursday 1st of March 2018 10:00 – 12:15</p>	<p>Moorfoot, Level 2, Sheffield, S1 4PL</p>
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