



Parenting Programmes in Central Bedfordshire

What are they?

Parenting programmes enable parents to build on what they already know and to do the best for their children. They do this by providing opportunities for parents to gain new knowledge, skills and confidence to support their children and strengthen relationships within the family. All programmes are suitable for mothers, fathers and other primary carers.

About the programmes we offer:

Incredible Years

The Incredible Years programme is run by professionals with experience of working with children with disabilities / SEN and their families. The sessions focus on playing with your child, using praise and rewards to promote good behaviour, communicating with your child, managing challenging and difficult behaviour and coping with specific problems like getting your child to bed.

Strengthening Families 10 – 14

This programme is run by the Parenting Team in conjunction with professionals experienced in working with young people. The programme consists of separate group based sessions with young people and parents, followed by joint family activity sessions. It is designed to strengthen families, improve communication within families and enables families to work together to support their young people to achieve their goals, make positive choices and resist peer pressure, especially around drugs and alcohol.

Triple P Seminar

This is a 2 hr workshop that introduces parents to the Triple P Positive Parenting Programme and enables parents to take away some useful tips in relation to some common parenting issues.

Triple P

This is a group based programme co-ordinated by the Parenting Team with input from other professionals. The programme supports parents to improve relationships with their children, set boundaries and develop effective responses to misbehaviour.

Triple P Teen

This is a group based programme co-ordinated by the Parenting Team with input from other professionals. The programme supports parents to improve relationships with their teenagers, reduce problem behaviour and to help your teenager minimise or avoid risky situations with peers.

Timetable for Mid Bedfordshire: April – July 2011

Programme	Venue	Who is it for?	Number of sessions	Dates	Times	Contact
SF 10 – 14 Sandy	Sandy Place Middle School	Parents and their young people aged 10 – 14 years	7	Tuesdays 3 rd May – 21 st June To be confirmed	5.30 – 8pm	Alison Challis 07792 220 308
Triple P Sandy	Sandy Children's Centre	Parents of children aged 4 – 12 years	5 + telephone follow up	Wednesdays 8 th June – 20 th July	6.45 – 8.45pm	Alison Challis 07792 220 308
Triple P Greenfield	Greenfield Lower School	Parents of children with Downs Syndrome aged 4 – 12 years	5 + telephone follow up	Thursdays 28 th April – 16 th June	7 – 9pm	Alison Challis 07792 220 308

In addition to the provision of group based parenting and family programmes, we also provide individual support for parents and families.

The **Locality Parent Support Advisor Team** are based in Sandy and work across Mid Bedfordshire. They can provide individual, short term support (up to six sessions) for parents, children or the whole family when a child has identified emerging social, behavioural and emotional needs. For further information about this service please contact **Ginny Redbond** on 07717 547 419.



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Triple P Teen

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South Bedfordshire: April – July 2011

Programme	Venue	Who is it for?	Number of sessions	Dates	Times	Contact
SF 10 – 14 Flitwick	Woodlands Middle School	Parents and their young people aged 10 – 14 years	7	Thursdays 9 th June – 21 st July	5.30 – 8.00pm	Alison Challis 07792 220 308
Teen Triple P Leighton Buzzard	Linslade Middle School	Parents of teenagers aged 12 – 16 years	5 + telephone follow up	Wednesdays 4 th May – 22 nd June	7 – 9pm	Alison Challis 07792 220 308
Triple P Amphill	The Firs Lower School	Parents of children aged 4 - 12	5 + telephone follow up	Tuesdays 3 rd May – 21 st June	12.45 – 2.45	Alison Challis 07792 220 308
Teen Triple P Amphill	Redborne Upper School	Parents of children aged 12 - 16 years	5 + telephone follow up	Thursdays 9 th June – 21 st July	7 – 9pm	Alison Challis 07792 220 308
Triple P Houghton Regis	Tithe Farm Children's Centre	Parents of children aged 4 – 12 years	5 + telephone follow up	Fridays 6 th May – 24 th June	12.45 – 2.45	Alison Challis 07792 220 308

In addition to the provision of group based parenting and family programmes, we also provide individual support for parents and families.

The **Locality Parent Support Advisor Team** are based in Dunstable and work across South Bedfordshire. They can provide individual, short term support (up to six sessions) for parents, children or the whole family when a child has identified emerging social, behavioural and emotional needs. For further information about this service please contact **Ginny Redbond** on 07717 547 419.