

At Torbay Children's Centres we offer a range of Evidence Based Parenting Programmes to meet family's needs.

Nurture –

11 weeks (Week 0 followed by 10 weeks)

The Nurturing Programme is a 10 week parenting programme that looks at family life in a thoughtful and fun way. It also helps support positive behaviour in children and goes much further than that by looking at the emotional needs behind our children's behaviour. The Nurturing Programme benefits both children and parents by:

- promoting emotional health
 - building self-esteem
- developing communication and social skills
 - teaching positive ways to resolve conflict
- providing effective ways to encourage co-operative, responsible behaviour in children
 - encourage parents to take time to look after themselves.

Triple P – 9 weeks

Compiling of :- Week 0, Weeks 1-4 Group, Weeks 5,6,7 phone calls, week 8 group

Aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to positively and confidently manage family issues. The three Ps in 'Triple P' stand for 'Positive Parenting Program'. Triple P introduces parents to a range of strategies to help them:

- Raise happy, confident children
- Manage challenging behaviour so everyone in the family enjoys life more
 - Set rules and routines that everyone respects and follows
 - Encourage positive behaviour
 - Take care of themselves as a parent
 - Feel confident that they're doing the right thing

Solihull – 11 weeks (Week 0 followed by 10 weeks)

The Solihull Approach Parenting Group emphasises the need for emotional containment and the presence of a reciprocal relationship. This enables parents to think, within the group and at home, about sensitive and effective approaches to behaviour management. It also empowers parents, to build on their existing skills and develop a way of thinking to solve difficulties in the future. The Solihull Approach Parenting Group is designed to help parents:

- develop a way of relating to their child that promotes child development and effective behaviour management.
 - promote understanding of children's behaviour within context of developmental issues
 - promote child/ parents reciprocity
 - increase confidence and self-esteem in parent and child
 - develop strategies for repair when things go wrong
- develop a framework for thinking about parent/child relationships, which can be developed into a life long skills
 - promote reflective, sensitive and effective parenting

Incredible Years 15 weeks (Week 0 followed by 14 weeks)

For parents of younger children, the course can give you the tools to use play, praise and rewards to bring out the best in your child as well as giving you the confidence to deal with difficult behaviour without losing your cool.

Incredible Years can support parents by:

- promoting skills and strengths through positive relationships with their children
 - increase understanding of normal development landmarks
 - increase positive communication skills
 - improve limit setting skills by promoting positive strategies
- improve understanding of predictable routines and responsible behaviour
 - improve problem solving skills and anger management
- increase family support networks and parents involvement with school

We offer a limited number of crèche spaces on our parenting programmes, please indicate if a crèche space is required on the form below

N.B. This is to support a request at Early Help, Level 2 of the threshold. Should you consider that the family require one:one Family Support a "Request for Targeted Early Help" form needs to be completed for consideration through the MASH and Targeted Help Panel.

Parenting programmes 2017/2018

Groups do not run during school holidays

Programme	Dates	Venue
Incredible Years	Starts April 2017	Echo Children's Centre
Nurture	Starts 18th May 2017	Zig Zags Children's Centre
Triple P	Starts 9th June 2017	The Barn Children's Centre
Nurture	Starts 6th September 2017	To be confirmed
Solihull	Starts 29th September 2017	To be confirmed
Nurture or Incredible Years	Starts January 2018	To be confirmed
Triple P	Starts week comm 8th January 2018	To be confirmed

Family Details

Family Details				
Parent Carer Names				
Children	Name	DOB	Creche required	
			Yes	No
Address (including postcode)				
Telephone Number	Landline			
	Mobile			
Email address				

Referrer details

Referrer details		
Date of referral		
Referrers Name		
Referrers job title		
Referrers address		
Referrers contact details	Email	Phone Number

Additional information

Additional information													
Other agencies working with the family i.e Health Visitor, Social Worker, nursery setting	<table border="1"> <thead> <tr> <th>Name</th> <th>Role</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> </tbody> </table>	Name	Role										
	Name	Role											
Reason for referral													
What are you hoping to gain from the group?													
Are there any specific additional needs required :	Please give details so we can ensure we support all parents to participate in the group												
Language													
Learning needs													

Please read

Data Protection - The information recorded in this form will be stored electronically and used to enable Children's Centre staff to offer appropriate support.

At times the information may be passed to other professionals working on our behalf to provide a service to you for monitoring and evaluation purposes. We are legally obliged to share information with other agencies if there are safety concerns about you or your child/children.

All data will be kept in accordance with the Data Protection Act 1998 and you have the right to access any information we hold on you or your children.

This information may also be used to contribute to the National Impact Study Under the national Troubled Families Programme. Please see www.torbay.gov for more information.

Signed	Date
Parents	
Referrer	

Please return you referral form to:

Gemma Vaughan
TorbayChildrensCentres@actionforchildren.org.uk
Zig Zags Children's Centre
Market Street, Torquay,
Tel: 01803 210200