

Parenting Guide | East Sussex

What's On – July, August and September 2023



Introduction

Finally, it's summer, and we are starting to see some sunshine! But are the brighter evenings making bedtimes a nightmare? Are you seeing some increasing anxiety over a new school start in September?

Whether it is support with screentime squabbles, getting your child to listen to you, building your teen's survival skills and resilience or managing anxiety that you could use some tips on, the Parenting Team has got you covered!

We are here to support you with our variety of online courses, each with specific tips on how you can deal with the most common behaviour problems; and best of all, these evidence-based methods have already been successful in supporting families worldwide through times of crisis. So, you don't have to do it alone; we'll get through this together. Parents and carers can access as much or as little as they like, and just small changes will make a big difference!

The Parenting Team use Microsoft Teams which is free to download and accessible from phones, tablets, and laptops! Just simply choose the support you would like to access, email with which course you would like to attend to

EH.0-19parentingteam@eastsussex.gov.uk

Once you have joined the discussion you can choose to have your microphone and camera either on or off (whichever you are more comfortable with), but we do encourage you to try some face to face with the other parents as the more you engage, the more supported and confident you will feel!

“Spending time with children is more important than spending money on children”.

What We Offer

ONLINE Webinars (all ages)

Most of the time parenting is great fun, you know you are doing a good job; but there are times when things get a little tricky.

Like when your toddler won't eat her dinner; or your six-year-old won't pick up his toys? Maybe your child never seems to listen? Sound like your life? If only someone could give you some ideas to make those times easier!

We can, so come along and join us!

Each webinar lasts between 1 to 2 hours, you'll watch short video clips showing other parents successfully dealing with the same issues and you'll be encouraged to share your thoughts with the other parents in the group, if you wish to. You'll also be given a workbook with simple exercises and information to help you try your new strategies at home.

What We Offer

ONLINE Positive Parenting Groups (all ages)

Courses take place over 8 weekly sessions

From the very start of your chosen course you will get tips and suggestions to fit the needs of your family. Your workbook will give you tools and information to start positive parenting right away at home. All parenting groups consist of 8 group sessions, with other parents, in weekly 2-hour webinars, together with phone advice and support from your Parenting Coach. There is a group for every age and every ability and every parent will leave with a personalised parenting plan. Evidence shows that parents completing these courses show significant improvements in their stress and anxiety levels, also an improvement in their confidence and capabilities as a parent.

Email: EH.0-19parentingteam@eastsussex.gov.uk for more information



Let's Book You In! WEBINARS

The Power of Positive Parenting (2-8 years) 90 minutes

This seminar is perfect for new parents, or those who need a refresh!

It introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are: -

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent



Monday 3rd July 10-12:00pm

Tuesday 8th August 10-12:00pm

Friday 15th September 10-12:00pm



Let's Book You In! **WEBINARS**

Managing Anxiety and Raising Resilient Children

(2-12 years) 90 minutes

This session is for parents who want to develop their child's understanding of feelings, and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

Tuesday 11th July 6:30-8:00pm

Tuesday 29th August 10-12:00pm

Friday 29th September 10-12:00pm



Let's Book You In! **WEBINARS**

Turning Problem Behaviour into Positive Behaviour

(children with Additional Needs) 90 minutes

This fantastic session discusses common behaviour problems such as hitting, shouting, and refusing to follow instructions. Gain skills in how to encourage appropriate behaviour and create your own useful parenting plan to make some positive changes at home!



Friday 7th July 10-11:30pm

Thursday 24th August 6:30-8:00pm

Monday 18th September 10-11:30am



Let's Book You In! WEBINARS

Dealing with Disobedience (Getting Your child to Listen)

(2-12 years) 2 hours

You say it once...twice...three times...maybe even more! As you get more annoyed you get louder, then, before you know it, you're yelling! Only then do your kids finally follow your instruction, reluctantly doing as they are told. Or maybe your toddler or child starts yelling back! If you're wondering how to get your kids to listen without yelling, it helps to start to understand what could be making them behave this way.

All children misbehave at times, and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word *No*

Thursday 6th July 10-12:00pm

Wednesday 9th August 10-12:00pm

Wednesday 6th September 6:30-8:30pm



for every parent



Let's Book You In! WEBINARS

Managing Fighting and Aggression (2-12 years) 2 hours

Fed up with constantly asking your children to “play nicely” or “stop fighting!”?

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Thursday 20th July 10-12:00pm

Thursday 31st August 6:30-8:30pm

Monday 25th September 6:30-8:30pm



Getting your Child into Bed (and staying there for the night!) (2-12 years)

Ever just wanted your child to go to bedtime without an argument and stay in their own bed for the night? This webinar explores common bedtime problems, why they happen and how to prevent them. Includes information around parent traps, creating your own bedtime routines and managing problem behaviour – a must for every parent!

Tuesday 4th July 10-12:00pm

Thursday 14th September 6:30-8:30pm



Let's Book You In! **WEBINARS**

Challenging Behaviour in Public (Hassle Free Shopping)

(2-12 years) 2 hours

This discussion uses shopping trips as an example of one of the most common times parents must deal with difficult behaviour... in public!

Positive parenting strategies are discussed as step by-step suggestions for preventing problems, and teaching children how to behave when out and about.

Parents develop personalised plans to manage problem behaviour and are encouraged to use them in potentially difficult community situations.

Monday 17th July 12-2:00pm

Monday 18th September 6:30-8:30pm



Let's Book You In! **WEBINARS**

Developing Good Eating Habits (Hassle Free Mealtimes)

(2-12 years) 2 hours

Want to discover the reasons why children's behaviour can be challenging at mealtimes? Want to increase food variety and encourage good mealtime habits?

While mealtimes can be one of the most difficult times for parents, with a little planning, they can become enjoyable for the whole family. This discussion group will help you encourage the type of mealtime behaviour you want to see, reduce mealtime behaviour problems and fussiness, and make mealtimes easier on you as a parent.

Wednesday 19th July 10-12:00pm

Monday 25th September 10-12:00pm



Let's Book You In! **WEBINARS**

Reducing Family Conflict (10+ years) 2 hours

Increased conflict with children during their teenage years is common but can be upsetting for the whole family.

This discussion group gives some positive parenting suggestions to help teach your teenager how to get along with others in the family, without constant fights and arguments.

Tuesday 11th July 12-2:00pm

Monday 4th September 10-12:00pm



Let's Book You In! WEBINARS

Getting Teens to Cooperate (10+ years) 2 hours

Teenagers are known to become less cooperative during their transition from child to adult. These changes can cause conflict between the parent and the teen. This session will give strategies on how to teach your teen to be more polite, cooperative and to behave appropriately.

Thursday 10th August 6:30-8:30pm

Tuesday 19th September 12-2:00pm



Coping with Teenagers' Emotions (10+ years) 2 hours

The transition from child to adult can often make teenagers highly emotional. Parents may find this upsetting and difficult to manage as it can cause disagreements and frustration for everyone. This session will give ideas on how to develop your teen's coping skills and emotional resilience.

Thursday 3rd August 10-12:00pm

Monday 11th September 6:30-8:30pm



Let's Book You In! **WEBINARS**

Managing Screen Time Struggles (2-10 years) 2 hours

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and e-readers.

Cars are fitted with a Satnav and high-end vehicles have built in DVD players. But how can we manage screen time limits and keep our children safe from online dangers?

Thursday 13th July 10-12:00pm

Monday 18th September 12-2:00pm



Let's Book You In! **WEBINARS**

Managing Screen time Struggles (10+ years) 2 hours

Teenagers use digital technologies for everyday activities like keeping in touch with friends on social media, relaxing and doing schoolwork. Because they're online so much without your supervision, teenagers need to be able to identify acceptable and unacceptable online content independently. They also need to know how to behave respectfully online and avoid online risks.

Tuesday 1st August 6:30-8:30pm

Thursday 28th September 10-12:00pm



Let's Book You In! **GROUPS**

8 WEEK COURSES

To book onto any of these, please email your name, the title and date of the group you wish to attend to: EH.0-19parentingteam@eastsussex.gov.uk

Or call 01424725800 to discuss options.

Triple P Group Stepping Stones – 7 weeks

(2-10 years) (Children with Additional Needs)

The pressure of raising a child with additional needs can put a strain on family life. Come and meet other parents experiencing similar situations and learn simple strategies that can make life at home a little easier for everyone. This group can help you manage problem behaviour and development issues common in children with a disability or additional needs, diagnosed or undiagnosed. It helps you encourage behaviour you prefer, cope with stress, teach your child new skills and build better family relationships.

First course starts: Wednesday 12th July 6:30-8:30pm

Second course starts: Thursday 7th September 10-12pm

Let's Book You In! **GROUPS**

Triple P Group FEAR-LESS (ALL AGES) – NEW! 7 weeks

Fear-Less Triple P is designed for parents (and caregivers) of children with moderate to high levels of anxiety that cause significant distress or negatively impact on their everyday functioning. Fear-Less Triple P has four main goals:

- To help parents set a good example of coping with anxiety
 - To assist parents to coach all their children to become emotionally resilient
- To help parents develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents choose effective ways to respond to their children's anxiety

Starts Wednesday 6th September 10-12:00pm



Let's Book You In! **GROUPS**

Triple P Group TEEN (10+ years) – 7 weeks

All parents raising teenagers need support at times and joining this 8-week group can significantly reduce family stress. This practical parenting programme can help parents cope positively with some of the common issues associated with raising a teenager.

Sessions allow parents to explore ways they can build a stronger relationship, reduce conflict, manage problem behaviours and help keep their teen safe.

Starts Tuesday 5th September 10-12:00pm



Let's Book you In! **NEW!**

Amity Programme (for parents who are together) 8 weeks

Positive couple relationships can hold the key to effective parenting, educational attainment, emotional wellbeing and quality of life in later years. Now more than ever we need to invest in our relationships at home, with each other and our children. Amity can help you develop healthier and more positive relationships.

Who is it for? Disagree on parenting styles?

This programme is aimed at parents who are together but experiencing conflict in their relationship.

Starts Wednesday 6th September 6:30-8:30pm



Further Information

Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support and advice to help build a positive relationship with your child or your partner, we can help.

Check out our website and Facebook page for regular updates on available courses and events. www.openforparents.org.uk and <https://www.facebook.com/OpenforParents>.

Please call the team on 01424 725800 or email: EH.0-19parentingteam@eastsussex.gov.uk for further support.

Kind Regards,

East Sussex Parenting Team



Further Information

The Parenting Team are always striving to offer the best and most appropriate help and advice to our parents in East Sussex and with this in mind – we would greatly appreciate your thoughts!

If you have a parenting related concern that you feel is not covered by our current groups and webinars, then please do take a few minutes to scan our QR code OR click on the link and leave us some feedback and suggestions.

<https://www.surveymonkey.co.uk/r/XMTLXKY>



Thank You!