



## Parent Trainer Team Update



### Universal Parenting Support


The Parent Trainer Team continue to offer a **stepped approach to support parents** where they are at and ensure they can access support in a variety of ways.

We have the **online parenting guides** which can be accessed by parents independently or with support from professionals where needed. More information- <https://www.warwickshire.gov.uk/parentguides>

We continue to **offer our workshops and programs** and have moved to **more face-to-face delivery** for these whilst still **maintaining a virtual offer** including evening workshops and Saturday mornings on a rolling basis, please get in touch or see Eventbrite for dates. All our programs and workshops can be booked via Eventbrite- <https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

We are always on the **lookout for venues to host the workshops and programs**. Coffee mornings and parent forum sessions as well as parent's evenings are a great opportunity for us to drop in and share information. We are keen to work with schools and our partner agencies to offer a variety of venues and options of support for parents and carers including community centres and supermarket community rooms. **Please email [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk) to invite us to any events school are hosting.**

**Family Support and Parenting Interventions**



Details regarding parenting support and interventions can be found on the Children and Families pages of the Warwickshire website: [www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

Parenting Support title

Courses are free, easily accessible and are advertised and bookable through eventbrite.

**eventbrite**

Search [www.eventbrite](http://www.eventbrite), Warwickshire Children and Families or follow the link below: <https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

Courses are advertised during the day and in the evening and weekends. Please see eventbrite for specific course details.

If you would like to speak to someone further about the workshops or parenting programmes, please call the Family Support Line on 01926 412412.

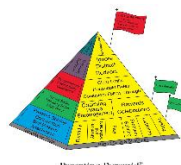
Monday to Friday 9.00 a.m. - 4.00 p.m.

or email: [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

A leaflet for parents and carers detailing the courses is available <https://api.warwickshire.gov.uk/documents/WCCC-829341009-253>

OFFICIAL

### Targeted support for parents 0-12yrs



#### Incredible Years

We continue to be able to offer this fantastic support to parents in line with our stepped approach. NICE guidelines state the first line of intervention is group programs. Please note that **Incredible Years is a targeted intervention, and we would always advocate that universal parenting support is utilised in the first instance** to support the assessment and support outcome for parents. This includes accessing workshops and programs such as our Nurture Program, Talking Teens and Solihull Approach.

Incredible Years is designed to help parents of children:

- With ADHD and/or conduct problems
- Promote emotional and social competence

- To prevent, reduce, and treat aggression and emotional problems in young children 0 to 12 years old

**The programme is delivered in 14-16 (2-hour) sessions to groups of 8-12 parents** (pre-school is slightly longer).

**Aims of program**

- To improve the parent-child relationship
- To strengthen parenting competencies
- To promote children’s academic, social and emotional skills
- To reduce conduct problems

When considering a referral to Incredible Years please consider if at least 4 of the below symptoms are present.

**General Oppositional Defiant Disorder symptomatology - child must present with at least 4 (please tick if applicable)**

- Frequent temper tantrums
- Excessive arguments with adults
- Actively refusing to comply with requests and rules
- Often questioning rules
- Deliberately annoying and upsetting others
- Often touchy or annoyed by others
- Blaming others for their mistakes
- Frequent outbursts of anger and resentment
- Spiteful attitude and revenge seeking

**Impact of behaviours per diagnostic criteria – can present in only one setting or more (please tick if applicable)**

- Constant
- Duration of at least 6 months
- Excessive compared with what is usual for the child’s age
- Disruptive to the family and the school
- Usually directed toward an authority figure (e.g. parents, teachers, coach)
- Under 5 yrs: Behaviour occurs on most days
- 5 yrs+ Behaviour occurs at least once per week

**Families must be open to EH/CIN/CP and have followed Stepped Approach and accessed other parenting programs** or be at a level where the non-compliance is significantly impacting on family life. **For more information and consultation please email [samanthawilkinson@warwickshire.gov.uk](mailto:samanthawilkinson@warwickshire.gov.uk) or [jacquelinemok@warwickshire.gov.uk](mailto:jacquelinemok@warwickshire.gov.uk)**



**Coming Soon STOP program for parents of teenagers**

We are excited to be able to offer from January a specialised program for parents of teenagers called the STOP program. The STOP program is a step-by step course for parents with pre-teen or teenagers 10-16yrs. The course aims to improve family communication through learning how to really listen and de-code what your pre-teen or teenager is really saying or needing. This will be referral only and more information will be sent our shortly. Similarly, to Incredible Years there will be an expectation that parents have accessed universal parenting support such as Nurture Program, Talking Teens or Solihull Approach before referral on the program. **As with Incredible Years colleagues are welcome to contact [jacquelinemok@warwickshire.gov.uk](mailto:jacquelinemok@warwickshire.gov.uk) or [samantahwilkinson@warwickshire.gov.uk](mailto:samantahwilkinson@warwickshire.gov.uk) for consultation and discussion.**



## Parenting Apart

There is a stepped approach to accessing PAP to ensure families have received all the early help support including that around reducing parental conflict/improving communication and co-parenting skills (in line with our stepped approach) they can before accessing targeted interventions like PAP.

For all families **open to Early Help/open to EH FSW** we have a pathway in place whereby the referrer makes a request (currently this is via emailing myself) and a time is booked for a consultation to discuss and explore the family's presenting needs, previous work completed and risk assessment; if appropriate for PAP a referral is completed at this point, if it does not meet the criteria discussion is had around what other support and services may be required and utilised.

Parents often benefit from consideration of the **stepped approach** within Early Help. For the best possible outcomes, it is strongly recommended that work is undertaken with the family to support them with recognising and understanding the impact of parental conflict on children and gain some skills to break the conflict cycle and improve communication/co-parenting skills before accessing targeted support such as PAP. Please see our offer for professionals around Parental Conflict for more information.



### What is it?

- A 6wk (session) bespoke educational programme to support parents in conflict to develop their own healthy and respectful co-parenting relationship to support both parents to have a positive relationship with their child/children.

### What it is not?

- A prescriptive set taught parenting course.

### What does it look like?

- Each party has 1 individual session with practitioner
- 3 joint meetings with practitioner and other parent.
- Follow up call after 3mths.

### Who can access this service?

- Any children open to an Early Help Pathway or
- Early Help Family Support Worker.

### How to make a request?

- Email [samanthawillkinson@warwickshire.gov.uk](mailto:samanthawillkinson@warwickshire.gov.uk) and ask for a PAP request meeting.

### Things we need to know?

- Both parties have consented to the request.
- Some Reducing Parental Conflict work has been completed (stepped approach).

### Things that can impact on suitability?

- Court proceedings
- Domestic abuse
- Mental health
- Substance misuse
- Stuck/fixed positions
- Power imbalances
- Trauma.

### Do we include the child's voice?

- They are not part of the sessions but are the focus of all discussions
- Practitioners will bring parent's thinking/actions back to the impact on the child throughout.

### When does it work?

Separated parents willing to come together to focus on their children's needs not their own.

They don't want to be in conflict anymore.

They are not looking backwards but willing to look forward.

There is no domestic abuse or power imbalance between parents.

**The Reducing Parental Conflict toolkit** ([reducing parental conflict.](#)) and utilising all early help support such as accessing parenting courses/reducing parental conflict/FSW could support the success of PAP in future or can even prevent the need for it, further information can be found on the FIS pages around [relationships](#), [parenting programs](#).

Please email [samanthawilkinson@warwickshire.gov.uk](mailto:samanthawilkinson@warwickshire.gov.uk) for a consult or discussion about parenting conflict and parenting apart. Please email [samanthawilkinson@warwickshire.gov.uk](mailto:samanthawilkinson@warwickshire.gov.uk) for a consult or discussion about parenting conflict and parenting apart.

## Professional's Support

The Parent Trainer Team are **here to support our colleagues in the children and families, education and community services** and offer a range of training to support the ever-changing needs of families today and the challenges they face. Sessions will provide knowledge, skills and confidence and **will aid and support DSLs and Pastoral workers in all education settings across Warwickshire including Early Years and Further Education.**



- **Reducing Parental Conflict and Toolkit training-** This online course delivered by Parent Trainers and other partners, will help Practitioners navigate the tricky situations that parents in conflict can present. In line with the stepped approach some reducing parental conflict work is required before parents can access targeted support like Parenting Apart.



- **2-day Solihull Foundation Training-** aims to increase knowledge and **understanding of emotional health and well-being for practitioners working across all areas of children and family services.** In order to access this training, you will need to:
  1. be working in a position to deliver the skills you will learn on this training directly with families on a 121 basis or in a group format.
  2. Agree to attend the Family Support Network meeting to keep up to date with practice and attend problem solving circles.
  3. As a trained Solihull Approach professional in your school, you will be asked to deliver this to parents on an individual basis.

### Understanding Today's Children



Early Help & Schools Partnership



- **Supporting Children of Today** – An introductory 3-hour session delivered by experienced Parent Trainers. Teachers are not therapists and schools are not mental health facilities; however, teaching today's students requires methods and skills that were not needed a generation ago (Oehlberg, 2008). This free, on-line workshop begins to **explore the challenges faced by this generation, and how you can support these young people by responding to the behaviour, without prejudice/preconceptions.** This course aims to ensure delegates understand the origins of behaviour and how this can present but also **gives strategies to effectively support this in the setting too. It aims to explore the overlap between ASD, ADHD, trauma and Attachment** and how all children can be supported in school. Below are the session objectives.
  1. To holistically explore children's challenging behaviour and the possible impetus of such
  2. To understand the neurological basis for challenging behaviour
  3. To begin to focus on what's behind the behaviour, rather than consequence
  4. To introduce strategies to enable educators to support all children to reach their full potential

Whole school staff training can also be arranged, free of charge, following the workshop. If you would like to arrange this, please email [samanthawilkinson@warwickshire.gov.uk](mailto:samanthawilkinson@warwickshire.gov.uk) and [Jacquelinemok@warwickshire.gov.uk](mailto:Jacquelinemok@warwickshire.gov.uk)

More information around the training available to our partners is available in the **Children and Families Safeguarding Training Programme** which was sent out to all DSL's at the start of the year. If you have not received this, please email [sophiemorley@warwickshiregov.uk](mailto:sophiemorley@warwickshiregov.uk)

To book on any of the above training please use this link

<https://forms.office.com/Pages/ResponsePage.aspx?id=BqqwiCdZu0uok4nMJxOsgHszjKWh6k9CvKFhFE92CyxUNjNSFZUNzREvlczQUo4Ujk4QTg3SUK4Qi4u>