

# *Positive Parenting - What's On Guide*

## *Autumn 2019*

Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team delivers Triple P and Incredible Years programmes across Sheffield. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.



We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:

| <b>Triple P Seminars</b>   |   |
|--|---|
| <p>This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.</p> | <p>To book a place on a seminar please use <a href="#">Eventbrite</a> or follow this link:<br/> <a href="https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258">https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258</a></p> |

| <b>Triple P Discussion Groups</b>  |  |
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| <p>The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.</p> <p>This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.</p> | <p>Booking for Discussion Groups is essential. To book on to a place please call the team on 0114 2057243 or email<br/> <a href="mailto:sheffieldparenting@sheffield.gov.uk">sheffieldparenting@sheffield.gov.uk</a></p> |

| <b>Group Parenting Programme</b>  |   |
|---|---|
| <p>A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 9 – 15 weeks depending on the programme.</p> | <p>Booking or referral to a programme is essential. Please contact us to discuss it in more detail on 0114 2057243 or email<br/> <a href="mailto:sheffieldparenting@sheffield.gov.uk">sheffieldparenting@sheffield.gov.uk</a></p> |

Below are the details of What's On this term. If you would like any additional information, please don't hesitate to contact the team on 0114 2057243 or [sheffieldparenting@sheffield.gov.uk](mailto:sheffieldparenting@sheffield.gov.uk)

## Seminars

To book on a seminar, please use [Eventbrite](https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258) or visit the following <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258> and select the correct session.

| Seminars   | Date  | Time              | Venue                                       |
|--|---|-------------------|---|
| <p><b>0-12 - Positive Parenting</b></p> <p>This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:</p> <ul style="list-style-type: none"> <li>• Ensuring a safe engaging environment.</li> <li>• Creating a positive learning environment.</li> <li>• Using assertive discipline.</li> <li>• Having reasonable expectations.</li> <li>• Looking after yourself as a parent.</li> </ul>   | Tuesday 22 <sup>nd</sup><br>October<br>2019 | 5.30pm-<br>7.00pm | Town Hall,<br>Pinstone<br>Street, S1<br>2HH |
| <p><b>0-12 - Raising Confident and Competent Children</b></p> <p>In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:</p> <ul style="list-style-type: none"> <li>• Showing respect to others.</li> <li>• Being considerate.</li> <li>• Having good communication and social skills.</li> <li>• Having healthy self-esteem.</li> <li>• Being a good problem solver.</li> <li>• Becoming independent.</li> </ul>            | Additional seminars to be arranged          | To be arranged    | To be arranged                              |
| <p><b>0-12 - Raising Resilient Children</b></p> <p>Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:</p> <ul style="list-style-type: none"> <li>• Recognising and accepting feelings.</li> <li>• Expressing feelings appropriately.</li> <li>• Building a positive outlook.</li> <li>• Developing coping skills.</li> <li>• Dealing with negative feelings.</li> <li>• Dealing with stressful life events.</li> </ul> | Additional seminars to be arranged          | To be arranged    | To be arranged                              |

| Seminars   | Date   | Time                       | Venue   |
|--|--|----------------------------|---|
| <p><b>Teen – Raising Responsible Teenagers</b></p> <p>Practitioners introduce parents to the six key elements of teenager’s becoming responsible and specific ideas about how to teach and encourage each of the following skills:</p> <ul style="list-style-type: none"> <li>• Taking part in family decision-making.</li> <li>• Being respectful and considerate.</li> <li>• Getting involved in family activities.</li> <li>• Developing a healthy lifestyle.</li> <li>• Being reliable.</li> <li>• Being assertive.</li> </ul>   | <p>Thursday 7<sup>th</sup><br/>November<br/>2019</p> | <p>5:30pm –<br/>7:00pm</p> | <p>Town Hall,<br/>Pinstone<br/>Street, S1<br/>2HH</p> |
| <p><b>Teen – Raising Competent Teenagers</b></p> <p>Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:</p> <ul style="list-style-type: none"> <li>• Developing self-discipline.</li> <li>• Establishing good routines.</li> <li>• Getting involved in school activities.</li> <li>• Being a good problem solver.</li> <li>• Following school rules.</li> <li>• Having supportive friends.</li> </ul>  | <p>Additional<br/>seminars to<br/>be arranged</p>    | <p>To be<br/>arranged</p>  | <p>To be<br/>arranged</p>                             |
| <p><b>Teen - Getting Teenagers Connected</b></p> <p>Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:</p> <ul style="list-style-type: none"> <li>• Being confident.</li> <li>• Being socially skilled.</li> <li>• Planning ahead.</li> <li>• Meeting commitments.</li> <li>• Keeping in contact.</li> <li>• Taking care of others.</li> </ul> | <p>Additional<br/>seminars to<br/>be arranged</p>    | <p>To be<br/>arranged</p>  | <p>To be<br/>arranged</p>                             |

| 0 – 12 Stepping Stones Seminars:<br>for Primary Age children with<br>diagnosed Additional Needs   | Date  | Time                | Venue  |
|---|---|---------------------|--|
| <p><b>0-12 Positive Parenting for Children with a Disability</b><br/>This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:</p> <ul style="list-style-type: none"> <li>• Parents Hope and Dreams</li> <li>• Developmental delay and disability</li> <li>• Some realities of being a parent</li> <li>• Children’s behaviour, the tough part of being a parent</li> <li>• What is positive parenting?</li> <li>• Seven Key principles of being a parent.</li> </ul> | Additional seminars to be arranged            | To be arranged      | To be arranged   |
| <p><b>0-12 - Helping your Child Reach their Potential</b><br/>This seminar looks at ideas to support parents to help their child get off to a good start by looking at:</p> <ul style="list-style-type: none"> <li>• Choosing a skill to teach</li> <li>• Break the skill into steps</li> <li>• Choose rewards</li> <li>• Decide when and where to teach</li> <li>• Use effective teaching strategies</li> </ul> <p>Keep track and review progress</p>  | Wednesday<br>16 <sup>th</sup> October<br>2019 | 9.15am-<br>10.45am  | Arbourthorne<br>Primary<br>School,<br>Eastern<br>Avenue, S2<br>2GQ |
|   | Saturday 19 <sup>th</sup><br>October<br>2019  | 10.30am-<br>12.00pm | Town Hall,<br>Pinstone<br>Street, S1<br>2HH                        |
| <p><b>0-12 Changing Negative Behaviour into Positive Behaviour</b><br/>This seminar looks at common behaviour problems and key steps to manage them:</p> <ul style="list-style-type: none"> <li>• Track the behaviour</li> <li>• Understand why behaviour is occurring</li> <li>• Change events that occur before the behaviour</li> <li>• Encourage alternative behaviour</li> <li>• Put your plan into action</li> </ul>  | Additional seminars to be arranged            | To be arranged      | To be arranged   |

## Discussion Groups

To book on a Discussion Group please contact the team on 0114 2057243.

| Discussion Groups  | Date   | Time                 | Venue   |
|--|--|----------------------|---|
| <p><b>0-12 - Dealing with Disobedience</b><br/>This discussion group covers why some children have difficulty learning to follow instructions.<br/>The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.</p>   | Thursday 26 <sup>th</sup><br>September<br>2019 | 09:30am –<br>11:45am | Birley Primary<br>Academy, Hayfield<br>Cres, Sheffield<br>S12 4XF |
|  | Friday 27 <sup>th</sup><br>September<br>2019   | 10.00am-<br>12.00pm  | First Start Family<br>Centre, 441 Firth<br>Park Road, S5<br>6HH   |
|  | Monday 14 <sup>th</sup><br>October 2019        | 9.15am-<br>11.30am   | Wybourn Family<br>Centre, 224 Manor<br>Oaks Road, S2<br>5EE       |
| <p><b>0-12 - Managing Fighting and Aggression</b><br/>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.<br/>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> | Thursday 26 <sup>th</sup><br>September<br>2019 | 9.15am-<br>11.30am   | Monteney Primary<br>School, Monteney<br>Crescent, S5 9DN          |
|  | Tuesday 22 <sup>nd</sup><br>October 2019       | 9.15am-<br>11.30am   | Arbourthorne<br>Primary School,<br>Eastern Avenue,<br>S2 2GQ      |
| <p><b>0-12 - Developing Good Bedtime Routine</b><br/>This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen.<br/>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>   | Tuesday 17 <sup>th</sup><br>September<br>2019  | 9.15am-<br>11.30am   | Intake Pre-School,<br>258 Mansfield Rd,<br>S12 2AR                |
|  | Tuesday 8 <sup>th</sup><br>October 2019        | 9.15am-<br>11.30am   | Arbourthorne<br>Primary School,<br>Eastern Avenue,<br>S2 2GQ      |
|  | Wednesday<br>16 <sup>th</sup> October<br>2019  | 12.30pm-<br>2.30pm   | Valley Park Family<br>Centre, Norton<br>Avenue, S14 1SL           |

| Discussion Groups  | Date                                    | Time            | Venue  |
|--|---|-----------------|--|
| <p><b>0-12 – Hassle-Free Outings with Children</b></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>                                | Additional DG to be arranged            | To be arranged  | To be arranged   |
| <p><b>Teen – Getting Teenagers to Cooperate</b></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.</p> <p>Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.</p>                    | Tuesday 17 <sup>th</sup> September 2019 | 5.00pm-7.30pm   | Town Hall, Pinstone Street, S1 2HH   |
|  | Thursday 24 <sup>th</sup> October 2019  | 12.00pm-2.15pm  | Bard Street Community Centre, 2 Blackwell Close, S2 5PY                    |
| <p><b>Teen – Coping with Teenagers’ Emotions</b></p> <p>In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down.</p> <p>Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.</p>   | Monday 14 <sup>th</sup> October 2019    | 5:30pm – 7:30pm | Ecclesfield Secondary School, Chapelton Rd, Sheffield S35 9WD              |
|  | 5 <sup>th</sup> November 2019           | 10am – 12:15pm  | Shortbrook Primary School Westfield Northway, Westfield, Sheffield S20 8FB |
| <p><b>Teen – Building Teenagers’ Survival Skills</b></p> <p>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.</p> | Additional DG to be arranged            | To be arranged  | To be arranged   |

| Discussion Groups   | Date   | Time               | Venue   |
|---|--|--------------------|---|
| <p><b>Teen – Reducing Family Conflict</b></p> <p>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.</p> | Thursday 19 <sup>th</sup><br>September<br>2019 | 9.30am-<br>11.30am | Old Sharrow<br>Junior School,<br>South View Road,<br>S7 1DB |

## Community Language Discussion Groups

We are offering a selection of discussion groups delivered in different languages with an interpreter. These are currently being arranged and will be advertised in a later What's On Guide when confirmed. Please contact the Team if you require further information.

## Group Parenting Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on 0114 2057243.

| Programmes   | Start Date   | Time                | Venue  |
|--|--|---------------------|--|
| <p><b>Incredible Baby</b></p> <p>The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s</p> <p>Duration:10 weeks</p> | Thursday 12 <sup>th</sup><br>September<br>2019     | 1.00pm-<br>3.00pm   | Early Days<br>Family Centre,<br>71 Palgrave<br>Road, S5 8GS        |
|  | Wednesday<br>25 <sup>th</sup><br>September<br>2019 | 1.00pm-<br>3.00pm   | Primrose<br>Family Centre,<br>45 Creswick<br>Street, S6 2TN        |
|  | Monday 14 <sup>th</sup><br>October 2019            | 10.00am-<br>12.00pm | Stradbroke<br>Community<br>Centre,<br>Richmond<br>Road, S13<br>8LT |



|   |   |                             |  |
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| <p><b>Incredible Years Toddler</b></p> <p>It deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.</p> <p>Duration: 12 weeks</p> | <p>Tuesday 10<sup>th</sup><br/>September<br/>2019</p>       | <p>10.00am-<br/>12.00pm</p> | <p>Stradbroke<br/>Community<br/>Centre,<br/>Sheffield, S13<br/>8LT</p>       |
| <p><b>0-12 Triple P</b></p> <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: 10 weeks</p>   | <p>Wednesday<br/>2<sup>nd</sup> October<br/>2019</p>        | <p>9.45am-<br/>12.00pm</p>  | <p>First Start<br/>Family Centre,<br/>441 Firth Park<br/>Road, S5 6HH</p>    |
|   | <p>Wednesday<br/>2<sup>nd</sup> October<br/>2019</p>        | <p>5.30pm-<br/>7.45pm</p>   | <p>Town Hall,<br/>Pinstone<br/>Street, S1<br/>2HH</p>                        |
|   | <p>Monday 4<sup>th</sup><br/>November<br/>2019</p>          | <p>9:45am –<br/>12pm</p>    | <p>Hillsborough,<br/>venue to be<br/>confirmed</p>                           |
| <p><b>Stepping Stones</b></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<br/>18<sup>th</sup><br/>September<br/>2019</p> | <p>10.00am-<br/>12.30pm</p> | <p>Lowedges<br/>Community<br/>Centre,<br/>Gresley Road,<br/>S8 7HL</p>       |
|   | <p>Thursday 19<sup>th</sup><br/>September<br/>2019</p>      | <p>10.00am-<br/>12.30pm</p> | <p>Thornccliffe<br/>Leisure<br/>Centre, Pack<br/>Horse Lane,<br/>S35 3HY</p> |
|   | <p>Friday 20<sup>th</sup><br/>September<br/>2019</p>        | <p>10.00am-<br/>12.30pm</p> | <p>Darnall Family<br/>Centre, 563<br/>Staniforth<br/>Road, S9 4RA</p>        |

|  |  |                     |  |
|--|--|---------------------|--|
| <p><b>Incredible Years 2-8</b></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> | Monday 9 <sup>th</sup><br>September<br>2019        | 9.30am-<br>11.30am  | The Meadow<br>Family Centre,<br>349 Shirecliffe<br>Road, S5 8XJ          |
|  | Tuesday 17 <sup>th</sup><br>September<br>2019      | 12.30pm-<br>2.30pm  | Southern Light<br>Church,<br>Tannery<br>Street,<br>Woodhouse,<br>S13 7LA |
|  | Wednesday<br>2 <sup>nd</sup> October<br>2019       | 12:30pm –<br>2:30pm | Norfolk<br>Community<br>Primary<br>Guildford Ave,<br>Sheffield<br>S2 2PJ |
|  | Thursday 7 <sup>th</sup><br>November<br>2019       | 12:30pm –<br>2:30pm | Lowedges<br>Community<br>Centre,<br>Gresley Road,<br>S8 7HL              |
| <p><b>Teen Triple P</b></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>                                       | Tuesday 17 <sup>th</sup><br>September<br>2019      | 10.00am-<br>12.15pm | Old Sharrow<br>Junior School,<br>SouthView<br>Road, S7 1DB               |
|  | Wednesday<br>25 <sup>th</sup><br>September<br>2019 | 10.00am-<br>12.15pm | Vestry Hall, 2<br>Burngreave<br>Road, S3 9DD                             |
|  | Thursday 3 <sup>rd</sup><br>October 2019           | 12.30pm-<br>2.45pm  | Arbourthorne<br>Social Centre,<br>550 East Bank<br>Road, S2 2AL          |

**Empowering Parents Empowering Children (EPEC) –  
A course run by parents for parents**

|   |  |                       |   |
|---|--|-----------------------|---|
| <p><b>EPEC - Being a Parent (BaP) course (2-5years)</b></p> <p>The Being a Parent course creates a trusting group ethos, where parents are encouraged and supported to explore:</p> <ul style="list-style-type: none"> <li>• Positive behaviour management and discipline strategies.</li> <li>• Managing parent and family stress.</li> <li>• Understanding and managing children’s feelings.</li> <li>• Parent listening, communication, play and interaction skills.</li> <li>• Attachment and parent-child relationships.</li> <li>• Parenting roles, expectations and culture.</li> </ul> <p>Duration: 8 weeks</p>   | <p><b>(Arabic)</b><br/>Tuesday 24th September, 2019 - Coffee Afternoon</p> <p>Course starts Tuesday 8th October 2019</p> | <p>12.30pm-2.30pm</p> | <p>Burngreave Family Centre, 19 Spital Street, S3 9LB</p> |
| <p><b>EPEC - Being a Parent Together course (2-11years)</b></p> <p>The Being a Parent course creates a trusting group ethos, where parents attend together and are encouraged and supported to explore:<br/><b>This course is for couples to attend together.</b></p> <ul style="list-style-type: none"> <li>• Positive behaviour management and discipline strategies.</li> <li>• Managing parent and family stress.</li> <li>• Understanding and managing children’s feelings.</li> <li>• Parent listening, communication, play and interaction skills.</li> <li>• Attachment and parent-child relationships.</li> <li>• Parenting roles, expectations and culture.</li> </ul> <p>Duration: 9 weeks</p> | <p>Thursday 26<sup>th</sup> September 2019</p>   | <p>9.30am-11.30am</p> | <p>Arbourthorne Spires, 600 East Bank Road, S2 2AN</p>    |