

Hastings and Rother
Positive Parenting Guide
What's on Feb/March 2021



Introduction



It's a new year and a fresh new start so why not make a resolution to take better care of yourself as a parent? Take some time this year to join the parenting team and other local parents in fun and interesting online sessions.

Things are starting to look up and the future for our children is bright, but these are still challenging times. Children may not be at school or nursery and may need extra attention. As parents we may be working from home, or not working at all but there are positive ways to deal with stress and big changes. 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 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 in which course you would like to attend info@openforparents.org.uk and the link to join will be sent to you.

Once you have joined the discussion you can choose to have your camera either on or off and we completely understand if you have to pop off for a minute or two to distract your child with an activity – every parent is in the same boat so please don't worry! We look forward to seeing some faces outside of our own 4 walls and helping to give you all the confidence and skills you need to tackle problem behaviour.



What we offer

Facebook Page and Website

This pandemic has upended family life around the world. School closures, working from home and social isolation – it's a lot to navigate for anyone, but especially for parents. Find handy links to help you manage this new (temporary) normal, including information on how to handle your relationship issues, common parenting problems, health and wellbeing and much more!

Positive Parenting Webinars

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. If only someone could give you some ideas to make those times easier!

If this sounds like you, then Triple P Seminars may suit. Seminars 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.

Positive Parenting Discussion Groups

Each session lasts about 2 hours and brings together a maximum of 10 to 12 parents who maybe experiencing similar parenting issues. You'll see short video clips showing other parents successfully dealing with the same issue 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.

Let's book you in!



The Power of Positive Parenting (2-8)

This seminar is perfect for new parents or those who needs 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

Tuesday 2nd February 1-2:30pm Wednesday 3rd March 1-2:30pm

Friday 26th March 12-1:30pm

Let's book you in! 

WEBINARS continued

Supporting Secondary School (10+)

Starting secondary school is a big milestone in a child's life.

It marks the end of being at a small primary school and the start of being in a much bigger school environment, where there are greater expectations on a child or young person to be **independent**.

Gain practical advice on how to support your teen in developing independence and resilience in their new school.

Thursday 4th February 1-2:30pm Friday 5th March 12-1:30pm

Tips and Tricks for Successful School Life! (2-12)

Often the more supported a child feels at home the better they achieve in school. Come and receive top tips for developing independence, problem solving and communication skills – all of which are essential for having a successful year at primary school.

Tuesday 9th February 1-2:30pm Wednesday 10th March 1-2:30pm

Managing Anxiety and Raising Resilient Children (2-12)

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!

Thursday 11th February 1-2:30pm Friday 12th March 12-1:30pm

Wednesday 31st March 1-2:30pm

Let's book you in!



WEBINARS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Raising Confident and Independent Children (2-12)

In this interesting seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- showing respect to others
 - being considerate
- having good communication and social skills
 - having healthy self-esteem
- being a good problem solver
 - becoming independent

Tuesday 23rd February 1-2:30pm Wednesday 17th March 1-2:30pm

Turning Problem Behaviour into Positive Behaviour (children with additional needs)

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!

Monday 22nd February 12:30-2pm Friday 19th March 12-1:30pm

Thursday 25th March 6:30-8:00pm



Let's book you in!

WEBINARS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Helping Your Child To Reach Their Full Potential (Children with additional needs)

This session can help parents to improve their child's confidence and social skills. By learning how to teach your child new skills and encouraging progress and efforts your child will be more able to reach their full potential – a common concern amongst parents of children with additional needs.

Thursday 25th February 1-2:30pm Wednesday 24th March 1-2:30pm



Let's book you in!

DISCUSSION GROUPS

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

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

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.

Wednesday 3rd February 12:30-2:30pm

Thursday 4th March 6:30-8:30pm

Dealing with Disobedience (Getting Your child to Listen) (2-12)

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*.

Friday 5th February 12-2pm

Monday 1st March 6:30-8:30pm

Managing Fighting and Aggression (2-12)

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.

Wednesday 10th February 1-3pm

Tuesday 9th March 6:30-8:30pm

Thursday 25th March 12-2pm

Let's book you in!



DISCUSSION GROUPS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Challenging Behaviour in Public (Hassle Free Shopping) (2-12)

This discussion 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 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.

Friday 12th February 12-2pm

Tuesday 16th March 6:30-8:30pm

Reducing Family Conflict (10+)

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.

Monday 8th February 6:30-8:30pm

Thursday 4th March 12-2pm

Thursday 18th March 12-2pm



Let's book you in! 

DISCUSSION GROUPS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Building Teenagers Survival Skills for Risky Situations (10+)

Many parents become more concerned about their teenager's safety as they become young adults. Parents can often try to restrict their teenager's freedom to keep them safe however this can lead to conflict between parents and teenagers. Talking to teenagers about risky situations can be tricky as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover to their friends' house that you don't know? Do they want to stay at home alone, do they want to hang out in town with their friends? Teenagers need to be able to recognise risky situations, have a plan for coping with these or avoid more dangerous situations. Parents can help their teenagers by gradually allowing them more independence to take part in different social events and the tips you will receive in this workshop are very useful for both parents and teenagers.

Thursday 25th February 6:30-8:30pm Tuesday 2nd March 12:30-2:30pm

Let's book you in!



DISCUSSION GROUPS continued

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

Getting Teens to Cooperate (10+)

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.

Monday 22nd February 6:30-8:30pm

Tuesday 9th March 12-2pm

Coping with Teenagers' Emotions (10+)

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 teens coping skills and emotional resilience.

Tuesday 2nd February 6:30-8:30pm

Thursday 11th March 12-2pm



Let's book you in!



E-SAFETY

To book onto any of these please email your name and the title of the discussion group you wish to attend to info@openforparents.org.uk. We will then send you the link to join.

E-Safety (2-12)

Children are learning more and more about the internet at a young age with 55% 3-4 year olds having access to tablets and the internet. With these rising figures, children are increasingly vulnerable to online dangers. This session will teach you how to talk to your child about E-Safety and gives lots of useful tips and tricks on how to keep them safe online.

Wednesday 24th February 1-2:30pm

Thursday 18th March 6:30-8:00pm



Let's book you in!

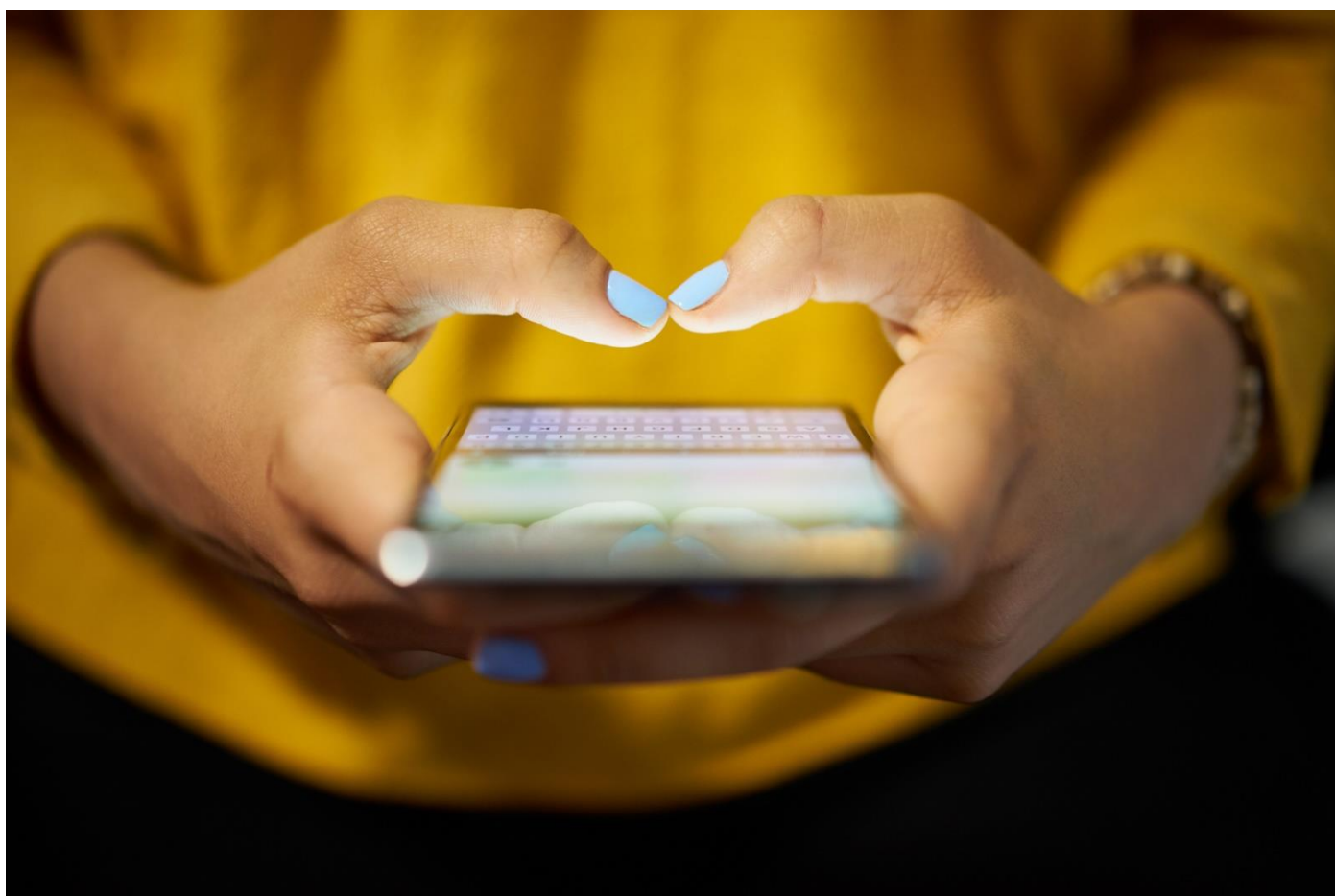


E-Safety (10+)

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.

Thursday 11th February 6:30-8:30pm

Tuesday 16th March 12-2pm



Open for parents

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, 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 info@openforparents.org.uk for further support.

Kind Regards

Hastings and Rother Parenting Team

