



# Parenting Guide | East Sussex

## What's On – Jan, Feb, March 2022



## Introduction

So, you survived Christmas? Well done, that's no mean feat for a parent! Now it's a fresh new year and an ideal time to make a fresh new start! Is your New Year's resolution to shout less or to feel more confident as a parent?

Whether it is support with sibling squabbles, getting your child to listen to you, building your teens survival skills and resilience or E-Safety 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](mailto:EH.0-19parentingteam@eastsussex.gov.uk) or EVEN EASIER scan the QR code next to the session you would like to attend and book yourself on! The link to join your chosen sessions will be sent to you nearer the time. So simple!

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!

***“Behind every child that believes in himself is a parent who believed first.”***

## 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 & wellbeing, and much more!

[www.facebook.com/OpenforParents](https://www.facebook.com/OpenforParents)



[www.openforparents.org.uk](http://www.openforparents.org.uk)



### ONLINE 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? 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



### 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



**Wednesday 5<sup>th</sup> January 11-12:30pm**

**Monday 31<sup>st</sup> January 10-11:30am**

**Tuesday 22<sup>nd</sup> February 12-1:30pm**

**Tuesday 22<sup>nd</sup> March 9:30-11:00am**

## Let's Book You In!

**ONLINE WEBINARS** - To book onto any of these, please email your name, the title, and the date of the discussion group you wish to attend to:

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk) or SCAN QR CODE to book. We will then send you the link to join.

### Supporting Secondary School - (10+ years) 90 minutes

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 6<sup>th</sup> January 12-1:30pm

Monday 24<sup>th</sup> January 12:30-2pm

Tuesday 22<sup>nd</sup> February 12:30-2pm

Thursday 10<sup>th</sup> March 6:30-8pm



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### **Preparing Your Child for Primary School Life! (2-8 years) 90 minutes**

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.

**Monday 10<sup>th</sup> January 10-11:30am**

**Thursday 10<sup>th</sup> February 12:30-2pm**

**Wednesday 9<sup>th</sup> March 1-2:30pm**



### **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!

**Wednesday 12<sup>th</sup> January 10-11:30am**

**Friday 28<sup>th</sup> January 11-12:30pm**

**Tuesday 8<sup>th</sup> March 10:00-12:00pm**

**Thursday 17<sup>th</sup> March 12:30-2pm**

**Monday 28<sup>th</sup> March 6:30-8pm**



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### Raising Confident and Independent Children (2-12 years) 90minutes

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



Friday 7<sup>th</sup> January 12:30-2pm

Wednesday 2<sup>nd</sup> February 10-11:30am

Monday 21<sup>st</sup> February 11-12:30pm

Thursday 24<sup>th</sup> March 12-1:30pm

### 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!

Monday 17<sup>th</sup> January 10-11:30am

Monday 7<sup>th</sup> February 1-2:30pm

Tuesday 8<sup>th</sup> March 1-2:30pm

Tuesday 29<sup>th</sup> March 10-11:30am



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### Helping Your Child to Reach Their Full Potential

**(Children with Additional Needs)90 minutes**

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.

**Wednesday 12<sup>th</sup> January 12-1:30pm**

**Wednesday 9<sup>th</sup> February 12:30-2pm**

**Monday 7<sup>th</sup> March 10-11:30am**



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

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 7<sup>th</sup> January 10-12:00pm

Tuesday 25<sup>th</sup> January 6:30-8:30pm

Monday 7<sup>th</sup> February 10-12:00pm

Thursday 24<sup>th</sup> February 6:30-8:30pm

Tuesday 8<sup>th</sup> March 12-2:00pm

Thursday 24<sup>th</sup> March 10-12:00pm



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

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.

**Tuesday 18<sup>th</sup> January 10-12:00pm**

**Thursday 10<sup>th</sup> February 6:30-8:30pm**

**Thursday 24<sup>th</sup> February 10-12:00pm**

**Monday 14<sup>th</sup> March 12-2:00pm**

**Wednesday 30<sup>th</sup> March 10-12:00pm**



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

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.

**Thursday 6<sup>th</sup> January 6:30-8:30pm**

**Wednesday 26<sup>th</sup> January 10-12:00pm**

**Friday 11<sup>th</sup> February 12-2:00pm**

**Tuesday 1<sup>st</sup> March 6:30-8:30pm**

**Tuesday 15<sup>th</sup> March 10-12:00pm**



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### **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.

Friday 21<sup>st</sup> January 10-12:00pm

Tuesday 8<sup>th</sup> February 12:30-2:30pm

Thursday 10<sup>th</sup> March 10-12:00pm

Thursday 31<sup>st</sup> March 12-2:00pm



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### 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.

**Wednesday 19<sup>th</sup> January 12-2:00pm**

**Tuesday 1<sup>st</sup> February 6:30-8:30pm**

**Friday 25<sup>th</sup> February 10-12:00pm**

**Thursday 17<sup>th</sup> March 10-12:00pm**



## Let's Book You In!

### **Building Teenagers Survival Skills for Risky Situations (10+ years) 2 hours**

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 at their friend's house who 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 and/or avoid more dangerous situations.

**Wednesday 26<sup>th</sup> January 12:30-2:30pm**

**Thursday 24<sup>th</sup> February 12-2:00pm**

**Tuesday 15<sup>th</sup> March 12-2:00pm**

**Wednesday 30<sup>th</sup> March 6:30-8:30pm**



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### ONLINE WEBINARS continued...

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Or SCAN QR CODE We will then send you the link to join.

#### 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.

**Wednesday 19<sup>th</sup> January 10-12:00pm**

**Wednesday 16<sup>th</sup> February 12:30-2:30pm**

**Thursday 3<sup>rd</sup> March 10-12:00pm**

**Tuesday 15<sup>th</sup> March 6:30-8:30pm**



#### 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 teens coping skills and emotional resilience.

**Wednesday 12<sup>th</sup> January 10-12:00pm**

**Wednesday 2<sup>nd</sup> February 12-2:00pm**

**Tuesday 1<sup>st</sup> March 10-12:00pm**

**Tuesday 22<sup>nd</sup> March 6:30-8:30pm**



## Let's Book You In!

### E-SAFETY

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Or SCAN QR CODE. We will then send you the link to join.

#### E-Safety (2-10 years) 2 hours

Children are learning more and more about the internet at a young age with 55% of 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.

**Friday 14<sup>th</sup> January 10-12:00pm**

**Monday 31<sup>st</sup> January 10-12:00pm**

**Tuesday 8<sup>th</sup> March 6:30-8:30pm**



## Let's Book You In!

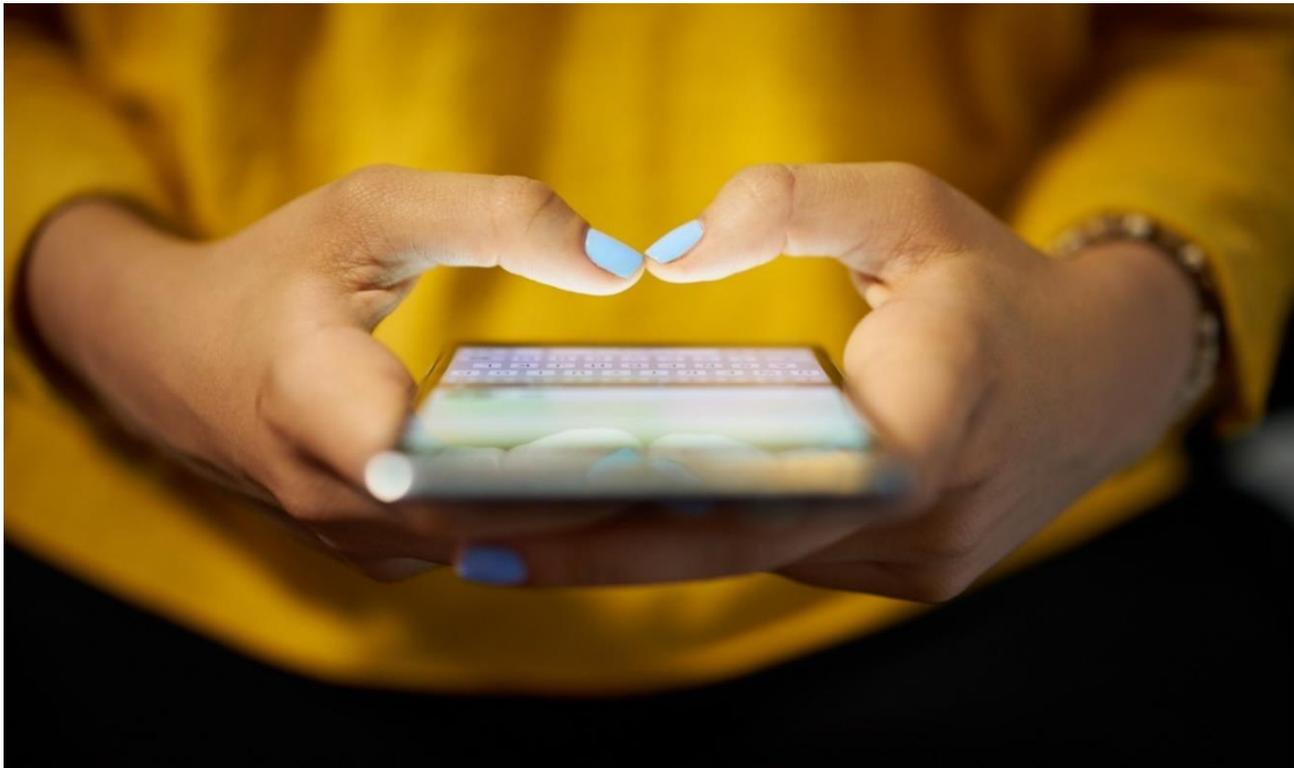
### E-Safety (10+ years) 2 hours

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.

**Wednesday 26<sup>th</sup> January 10-12:00pm**

**Monday 21<sup>st</sup> February 12:30-2:30pm**

**Wednesday 16<sup>th</sup> March 6:30-8:30pm**



## Let's Book You In!

### 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](mailto:EH.0-19parentingteam@eastsussex.gov.uk)  
Or call 01424725800 to discuss options.

#### **Positive Parenting Group Stepping Stones – 8 weeks**

**(2-12 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 8-week group is for parents and carers who want help with their child's development or behaviour problems.

**Starts Tuesday 11<sup>th</sup> January 10:00-12:00pm**

**Starts Wednesday 9<sup>th</sup> February 10:00-12:00pm**

#### **Positive Parenting Group TEEN (10+ years) – 8 weeks**

All parents raising teenagers need support at times and joining this 8-week group can significantly reduce family stress. Key learning points will be encouraging appropriate behaviour, managing problem behaviour, and how to deal with risky behaviour.

**Starts Thursday 13<sup>th</sup> January 10:00-12:00pm**

## Let's Book You In!

### **Positive Parenting Group (2 – 12 years) 8 weeks**

This 8-week group teaches parents a range of strategies to use that help to support, develop and manage behaviour in children. It identifies causes of behaviour, parent traps, and helps parents to set goals and plan for high-risk situations.

**Starts Wednesday 12<sup>th</sup> January 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, we can help.

Check out our website and Facebook page for regular updates on available courses and events. [www.openforparents.org.uk](http://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](mailto:EH.0-19parentingteam@eastsussex.gov.uk) for further support.

Kind Regards,

*Hastings and Rother Parenting Team*

