



Parenting Guide | East Sussex

What's On – Oct, Nov and Dec 2022



Introduction

The colours, the crisp air, the pumpkins... Autumn is a fabulous season. How is your child settling into their new school or school year? Maybe you would like some advice on how best to support them?

Whether it is support with screentime squabbles, getting your child to listen to you, building your teens 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 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!

“You can’t make children behave better by making them feel worse. When children feel better, they behave better.”

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



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 More info on pages 17/18

ONLINE Positive Parenting Group (2-10 years)

From the very start 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. Positive Parenting Group consists of 8 group sessions, with other parents, in weekly 2-hour webinars, together with phone advice and support from your Parenting Coach. Email: EH.0-19parentingteam@eastsussex.gov.uk

ONLINE Stepping Stones Group (Children with Additional Needs)

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.

Group Stepping Stones consists of 8 group sessions, with other parents, in weekly 2-hour webinars - together with phone advice and support from your Parenting Coach. Email: EH.0-19parentingteam@eastsussex.gov.uk

ONLINE (TEEN) Positive Parenting Group (10+ years)

This group can help you cope positively with some of the common issues associated with raising a teenager. It looks at ways to build a stronger relationship with your teenager, resolve conflict in the family and manage problem behaviours. It also explores risky behaviour and keeping your teen safe.

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

What We Offer More info on pages 17/18

ONLINE FEAR-LESS Positive Parenting Group (ALL AGES)

NEW!

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

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



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



Monday 3rd October 10-11:30am

Wednesday 26th October 1-2:30pm

Tuesday 22nd November 10-11:30am

Monday 19th December 10-11:30am

Let's Book You In!

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

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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.

Tuesday 4th October 6:30-8:00pm

Wednesday 2nd November 10-11:30am

Wednesday 21st December 1-2:30pm



Let's Book You In!

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Starting Primary School Support (3-6years) 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.

Wednesday 5th October 10-11:30am

Friday 4th November 1-2:30pm

Tuesday 13th December 10-11:30am



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!

Monday 10th October 1-2:30pm

Tuesday 1st November 10-11:30am

Friday 9th December 10-11:30am



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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



Thursday 20th October 1-2:30pm Tuesday 15th November 10-11:30am

Friday 16th December 10-11:30am

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 21st October 10-11:30am

Tuesday 15th November 1-2:30pm

Friday 16th December 10-11:30am

Let's Book You In!

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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 19th October 10-11:30am

Monday 21st November 1-2:30pm



Let's Book You In!

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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*.

Wednesday 5th October 12-2:00pm

Monday 31st October 10-12:00pm

Tuesday 22nd November 10-12:00pm

Monday 12th December 10-12:00pm



Let's Book You In!

ONLINE WEBINARS continued... To book onto any of these, please email your name, the title and date of the webinar you wish to attend to: EH.0-19parentingteam@eastsussex.gov.uk Or SCAN QR CODE. We will then send you the link to join.

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.

Monday 10th October 10-12:00pm

Tuesday 1st November 12-2:00pm

Thursday 24th November 6:30-8:30pm

Wednesday 14th December 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.

Friday 7th October 10-12:00pm

Monday 31st October 12-2:00pm

Monday 21st November 10-12:00pm

Thursday 8th December 6:30-8:30pm



Let's Book You In!

ONLINE WEBINARS continued... To book onto any of these, please email your name, the title and date of the webinar you wish to attend to:

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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.

Thursday 27th October 6:30-8:30pm

Monday 7th November 12-2:00pm

Wednesday 7th December 10-12:00pm



Let's Book You In!

ONLINE WEBINARS continued... To book onto any of these, please email your name, the title and date of the webinar you wish to attend to:

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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.

Thursday 13th October 6:30-8:30pm

Wednesday 16th November 10-12:00pm

Wednesday 14th December 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.

Monday 3rd October 12-2:00pm

Wednesday 26th October 10-12:00pm

Tuesday 6th December 10-12:00pm



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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.

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

Monday 5th December 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 teens coping skills and emotional resilience.

Friday 21st October 12:30-2:30pm

Tuesday 8th November 10-12:00pm



Let's Book You In!

E-SAFETY

To book onto any of these, please email your name, the title and date of the webinar you wish to attend to: EH.0-19parentingteam@eastsussex.gov.uk
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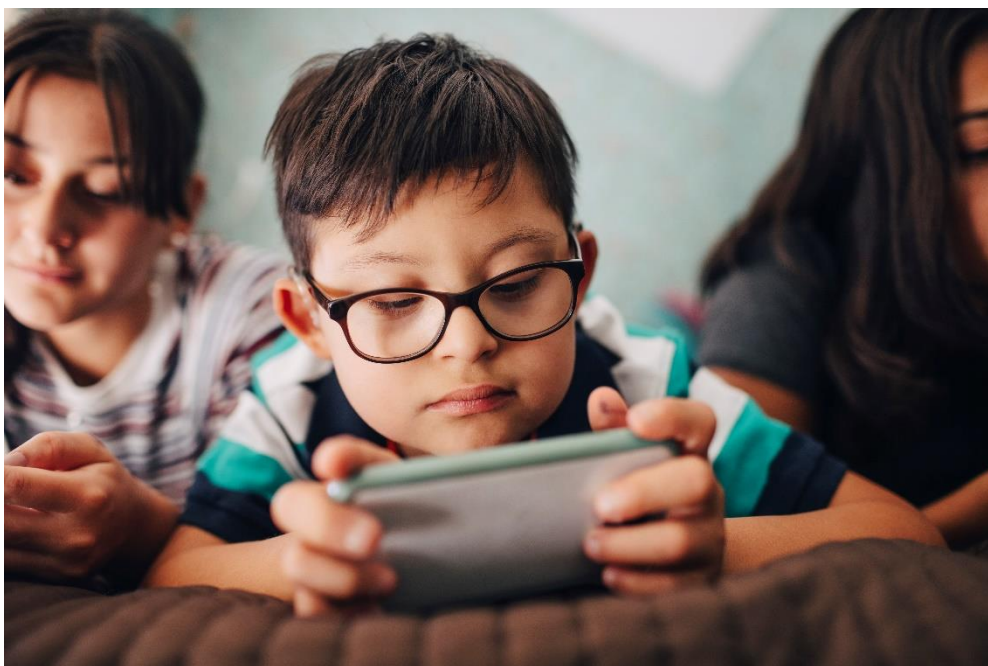
Managing Screen Time Struggles (2-10 years) 2 hours

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?

Friday 14th October 10-12:00pm

Wednesday 2nd November 6:30-8:30pm

Tuesday 6th December 12-2:00pm



Let's Book You In!

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.

Monday 17th October 12-2:00pm

Wednesday 23rd November 10-12:00pm

Wednesday 14th December 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

Or call 01424725800 to discuss options.

Positive Parenting Group Stepping Stones – 8 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 8-week group is for parents and carers who want help with their child's development or behaviour problems.

Starts Wednesday 2nd November 6:30-8:30pm

Positive Parenting Group (2 – 10 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 Tuesday 1st November 6:30-8:30pm

Let's Book You In!

Positive Parenting Group FEAR LESS (ALL AGES) – 8 weeks

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective way to respond to their child's anxiety.

Starts Thursday 3rd November 10-12:00pm



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 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

