

*Quotes from parents that have attended previous courses:*

*"I'm firmer to my children . I am not a soft touch and they listen to and respect me" - Teen Triple P 2016*

*"I feel calmer, I feel I have knowledge and understanding about issues. I feel the tools to work at are making behaviour less of an issue." - Group Triple P 2016*

*"I'm calmer when dealing with my children" - Solihull 2016*

*"Try it—it works!" - Stepping Stones Triple P 2016*



If you are interested in any of the parenting courses offered in this leaflet then please complete a Parenting Course Request Form.

To obtain a Request Form, please email

[NK-Parenting@lincolnshire.gcsx.gov.uk](mailto:NK-Parenting@lincolnshire.gcsx.gov.uk)

Or Telephone:

Maureen Davies :07919304482

Lisa Cornall : 07824417603

For further information contact:

Billinghay Children's Centre 01526 869248

Caythorpe Children's Centre 01400 279285

Heckington Children's Centre 01529 469576

Sleaford Children's Centre 01529 306888

Washingborough Children's Centre 01522 792995

Waddington Children's Centre 01522 721750

Witham St Hughs Children's Centre

01522 869541

Child care facilities may be available for some courses.

## PARENTING COURSES IN NORTH KESTEVEN



## SUPPORTING PARENTS OF TEENAGERS (SPOT)

Suitable for parents of 10+ year olds.

10 week course.

To improve relationships and communication between parents and teenagers.

Helps parents become confident in their role as a parent.



## YOUNG EXPECTANT PARENTS (YEP)

6 week course

Designed to support young people and their feelings during and after pregnancy

Helps to identify support needed.

## TRIPLE P

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong healthy relationships.

Standard Triple P and Teen Triple P are 2 hour sessions over 8 weeks.

### Stepping Stones Triple P

are two and a half hour sessions over 9 weeks for parents with children with additional needs, no diagnosis needed.

### Strengthening Families Strengthening Communities

13 week course for families with children 3—18

Holistic approach looking at individual and family development. Giving strategies for improving behaviour.



## SOLIHULL

Suitable for parents with children between the ages of 0—12

10 week course.

The Solihull approach is based on three key principles:

### Containment:

Helps parents to understand emotional communications of the child.

### Reciprocity:

Helps the parent and child develop positive reciprocal interaction.

### Behaviour Management:

Solihull reflects that children's behavioural problems can be linked to inadequate emotional containment with their parents.