



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

Quick Guide to Parenting Programmes in Bradford



Introduction

Bringing up children is challenging and all families, parents and carers should be able to benefit from a range of support at different times during their children's development and education.

The importance of positive parenting and effective parenting support services in improving outcomes for children is emphasised in both national and local policies and initiatives, many supported by legislation.

Bradford's local strategic direction is sought and supported by the following:

- Children and Young People's Plan
- Bradford's Child Poverty Strategy

This document highlights the evidence-based and structured parenting programmes available in Bradford and provides information about the differing programmes. It is intended, to primarily provide guidance for all partners in the Children's Trust, to enhance referral pathways and increase swift and easy access into services.

How to refer

Unless otherwise stated all referrals can be done by completing the ***Request for Targeted Parenting Programme Form (Appendix A)*** and sending it to the **Local Family Hub**.

Please use the Post code checker if you are unsure of which Hub to refer to:

<https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/>

If you require any further information, support or guidance regarding parenting programmes, signposting & referral pathways, contact us via the details below, or go to

<https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/family-hubs/>

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|---|---|
| <p style="text-align: center;"><u>South</u> Contact: 01274 434940 familyhubsouth@bradford.gov.uk</p> | <p style="text-align: center;"><u>West</u> Contact:01274 436700 familyhubwest@bradford.gov.uk</p> |
| <p style="text-align: center;"><u>Keighley & Shipley</u> Contact:01535 618005 familyhubkeighleyshipley@bradford.gov.uk</p> | <p style="text-align: center;"><u>East</u> Contact: 01274 437523 familyhubeast@bradford.gov.uk</p> |

What will it be like joining a Group?

What to expect when attending a course

Attending a course is an opportunity to meet other people and address a range of subjects relating to parenting, growing up and family life. Our courses aim to enhance self awareness, build relationships and learn new strategies from evidence based programmes, to help deal with issues they are currently facing. The benefit of doing the course is that people can support each other, discuss and explore current challenges and solutions.

Group leaders and facilitators

There will be 2 facilitators delivering the courses who will introduce themselves prior to people attending, this will be via a phone call or visit if appropriate.

Participants

Unless stated, all groups can be mixed, meaning there will be female and male parents and carers attending. Most groups allow a maximum of 10/12 people to attend.

Group agreements

We will set group agreements at the start of each group and refer to them when required so that participants feel comfortable and safe to share their experiences if they wish to.

Venues

Groups are held in a variety of settings including schools, family hubs and community centres. Groups are run across the Bradford District at a variety of times including daytime and evening.

Main Parenting Programmes in Bradford

Family Links Nurturing Programme



Age Range: Suitable for parents of children aged between 2 & 13 years old.

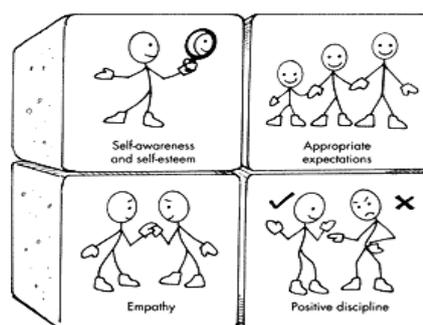
Programme Aim: The Nurturing Programme is a fun and nurturing programme for parents. It benefits both adults and children by:

- promoting emotional literacy and emotional health
- raising self-esteem
- developing communication and social skills
- teaching positive ways to resolve conflict
- providing effective strategies to encourage co-operative responsible behaviour
- managing challenging behaviour in children
- offers insights into the influence of feelings on behaviour
- encourages adults to take time to look after themselves.

Sessions: 2 hour sessions per week for 10 weeks

What the sessions cover:

- Giving Praise
- The Question of Discipline
- Time Out...to Calm Down
- Family Rules
- Rewards and Penalties
- Personal Power
- Self-esteem
- Choices and Consequences
- Feelings...and What We Do With Them
- Communicating clearly: Using 'I' Statements
- Kinds of Touch
- Nurturing Ourselves
- Ages and Stages in Child Development
- Issues around Sex
- Helping Children Stay Safe
- Behaviour to Ignore



Family Links Nurturing programme can be done free of charge online

<https://www.netmums.com/support/netmums-parenting-course>

Welcome to the World Family Links Ante-Natal Programme



Welcome to
the world
Antenatal
Nurturing
Programme

Age Range:

All parents expecting a baby – from the second trimester of pregnancy.

Programme Aim:

The 'Welcome to the World' programme is an 8-week group course for parents expecting a baby. The aim is to prevent some of the difficulties many new parents experience, which can lead to depression, problems within relationships and even abuse and neglect. Delivered by practitioners with specialist Family Links' training, the programme contributes to:

- Increased empathic attunement and secure attachment
- Reduced risk of child abuse and neglect
- Improved couple relationships
- Reduced stress and perinatal depression
- Increased understanding of child development
- Improved perinatal health for mother and baby

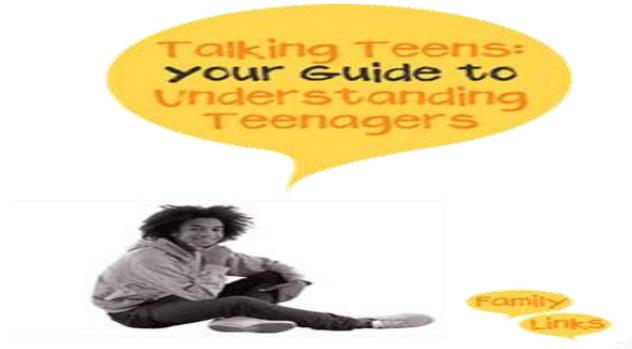
Sessions: 2 hour sessions per week for 8 weeks

What the sessions cover:

- Empathy and loving attentiveness
- Infant brain development
- Healthy choices
- Managing stress
- Promoting self-esteem and confidence
- Positive parenting
- Effective communication
- Hopes and fears for the future



Additional Parenting Programmes in Bradford



Talking Teens

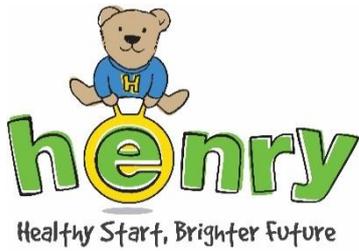
Ages: Suitable for Parents of teenagers, 11-18 years of age

Programme aim: Designed to enhance the transition from childhood to adolescence, by encouraging positive parenting and relationship building.

Sessions: 6 sessions, 2 hours each over 4 weeks

What the sessions cover:

- Effective communication
- Relationship building
- Managing conflict
- Building self esteem
- Managing problem behaviour



HENRY Group Programme

Ages: Suitable for parents with children 0-5 years

Programme aim: Offers parents the chance to share ideas, gain new skills and tools to address lifestyle issues in a supportive and fun environment

Sessions: 2 hour sessions (2.5 if family time included) per week for 8 weeks

What the sessions cover:

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these five key themes over the 8 weeks. National clinical studies have demonstrated improved child and family outcomes, including increased parenting efficacy, healthier eating across the whole family, reduced screen time and increased activity levels and sitting down together as a family to eat home-prepared food more often.

Freedom Programme for women – domestic abuse

The Freedom
Programme



Programme aim – The Freedom Programme is a 12-week supportive programme, a group for women who might be in or recovering from an abusive or controlling relationship.

Ages – This programme can be attended by any female over 16 years of age

Sessions: 2 hour sessions, over a 12 week period

What the course covers:

- Understanding the beliefs held by abusive and controlling partners
- Recognising the effects of controlling and abusive relationships
- Identifying potential abusers, keeping yourself and family safe
- Starting to feel more confident and meeting people in a similar situation
- Understanding the impact of domestic abuse on children

Freedom can be done online for £12 - <http://www.freedomprogramme.co.uk/online.php>

Who's in Charge? Support programme for parents/primary carers who are experiencing child to parent violence and abuse



Suitable for

Parents/primary carers who care for children aged 8-18 years of age, who are abusive or violent towards them or who appear out of parental control.

Programme aim

- reduce feelings of isolation, blame, guilt and shame
- reinforce positive changes
- explore anger, both that of the children and parents'
- clarify boundaries of what is acceptable and unacceptable behaviour
- examine strategies for creating meaningful and practical consequences for unacceptable behaviour.
- provide parents with some simple concepts that are proven to empower
- encourage assertiveness.
- encourage self-care
- reinforce progress and provide emotional support while parents are attempting to become more assertive parents.

Sessions

2.5 hour session per week for 9 weeks

What will the sessions cover?

Session 1 Introductions, questionnaires and creating genograms (family tree)

Session 2 Cause and influences of abusive behaviour

Session 3 What is abuse?

Session 4 What can I control in my child's life?

Session 5 Consequences

Session 6 Anger and breaking the myths of anger

Session 7 Assertiveness

Session 8 Self-care, future goal setting and evaluation

Session 9 Two month follow up on goal achievement, evaluation and further goals

Cygnets – Supporting parents with children on the Autistic Spectrum



Ages: Suitable for parents/carers with children 5-18 years

Programme aim: Cygnets will provide the opportunity for parents/carers to obtain advice and information on the additional challenges which autism can present within a group of people who share similar experiences.

Sessions: 2½-3 hour sessions per week for 7-8 weeks

What the sessions cover:

- Introduction & Aims
- Autism & Diagnosis
- Sensory Issues & Strategies
- Communication & Strategies
- Understanding Behaviour
- Supporting Behaviour
- Parents Choice
- Discretionary Follow-Up Session

Referral Process: Complete the ***Request for Targeted Parenting Programme Form (Appendix A)*** and send it to **parenting@bradford.gov.uk**.

Time Out For Dads

Ages: Suitable for Dads/Step dads of Children 0-19

Programme aim: This is an evidence based programme that aims to enable dads to increase confidence in their parenting; learn how to develop the dad/child relationship now and for the future and work out strategies for dealing with anger and conflict. It will also give dads an opportunity to meet other dads and share experiences in a supportive and encouraging environment.

Sessions: 2 hour sessions weekly over 5 (and a week 0)

What the sessions cover:

- Introductions & Goals
- The need for Dads and Aspirations
- Parenting Goals & Self Esteem
- Relationships & Handling Anger
- Importance of Time & Parenting Styles
- Discipline
- Safety Issues
- Issues at Home
- Optional Step-Families



DICE

Ages: Suitable for Parents/Carers whereby their child may be at risk of exploitation

Programme aim: DICE is a support programme for parents/carers to raise awareness about the risks of exploitation.

Sessions: Groups meet weekly for 4 sessions and each session lasts for 2 hours

What the sessions cover:

- The Teenage Brain
- Exploitation and the grooming process
- Digital Dangers
- Parenting Top Tips & Support networks

Book Start

Ages: 12-30 months

Programme aim: To support the home learning environment introducing parents/carers and children to books, rhymes and sharing stories.



Sessions: 3-4 Visits

What the sessions cover:

- Benefits of Rhymes
- Benefits of Book Sharing
- Bedtime routines and Story Sack/Puppets
- Mark Making Skills

Internet Information and Support

Parentline Plus

www.parentlineplus.org.uk

Family and Parenting Institute

www.familyandparenting.org

Parent Channel TV

www.parentchannel.tv

Got a Teenager.org

www.gotateenager.org.uk

Dad Talk

www.dadtalk.co.uk

Disability, Pregnancy & Parenthood

www.dppi.org.uk

PACE – for parents whose children are at risk of sexual exploitation <https://paceuk.info/for-parents/>

HENRY – top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth <https://henry.org.uk/>

Free parenting resources to download

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thepark.org.uk/relationship-support-parents-families/free-parenting-resources/>

