



Cardiff Parenting 0-18

For families living in Cardiff with children aged 0-18 years of age



To work with us, please contact Cardiff Family Gateway:
Telephone 03000 133 133
ContactFAS@Cardiff.gov.uk
www.cardifffamilies.co.uk



WELCOME TO CARDIFF PARENTING 0-18

The aim of Cardiff Parenting 0-18 is to work in partnership with families living in Cardiff to improve parenting confidence and skills, strengthen relationships and nurture wellbeing and resilience.

Cardiff Parenting 0-18 are currently able to offer families:

GroBrain
for expectant parents and parents with children aged 0-12 months



Parents as Partners
for co-parents with at least one child aged under 11 years



Parent Nurturing Programme
for parents of children under 12 years




Strengthening Families Programme 10-14
for parents and young people aged 10-14 years



Talking Teens
for parents of pre-teens and teenagers aged 10 years and over



Teen Triple P
for parents of children aged 12-18 years



Parents First
1:1 psychology-led bespoke parenting is available for parents with children aged 0-18 years



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YOUR QUESTIONS ANSWERED

“Who is it for?”

Cardiff Parenting 0-18 is for any family with a child or young person aged 0-18 living in Cardiff. You could be a parent, a step-parent, a carer or a family member looking after a child. The adult or the child must live in Cardiff and may or may not have other, additional needs.

Through parenting positively, parents can help develop a more calm and peaceful household, with fewer arguments and conflicts. Research tell us that children who grow up with positive parenting are more likely to:

- Do better at school
- Have better relationships with family members and friends
- Have higher self-esteem and confidence
- Have fewer behavioural issues
- Be able to manage their emotions better

“How much does it cost?” Cardiff Parenting 0-18 is fully funded. There is no additional cost to parents or carers.

“Where will I have to go and when?”

Cardiff Parenting 0-18 will work with your family individually or in a group with other families. Some programmes can work with you individually in your home or in a local meeting place. Groups are run across Cardiff in venues such as schools and hubs. Our team work to ensure these are inviting and welcoming environments, which are accessible to all. Our team are happy to work in schools and community venues in your area. Groups usually run during term-time. If you have any concerns about being able to access a venue, please talk to Cardiff Parenting 0-18. We are happy to make adjustments to meet your access needs.

“Who will be there?”

All our group programmes are led by members of Cardiff Parenting 0-18 who are fully trained in all the programmes we deliver and experienced in working with parents, children and young people. Within groups there will be other parents/carers. For one group (Strengthening Families), young people

attend as well. If our team are working with you individually in your home or in a community setting, you will be working with one or two members of our team.

“Are there crèche play facilities for my younger children?”

Wherever possible, we provide an on-site crèche for children under the age of 8. These are staffed by qualified staff and are also fully funded (no cost to you). Please make sure you contact us in advance to reserve your place. If you have a baby attending the crèche and you would like to breastfeed during the group, we can support you.

“Are there refreshments?” Yes, we provide drinks & healthy snacks.

“What if I live in a Flying Start area?”

For parents/carers of children aged up to 3 years 11 months, living in a Flying Start postcode, there is information about Flying Start Parenting on the Flying Start website and Facebook page. Flying Start Parenting and Cardiff Parenting 0-18 are both part of Cardiff Parenting Services, therefore some of the group and individual programmes on offer are the same or complement one another. GroBrain and Parent Nurturing Programme are available from Flying Start Parenting and from Cardiff Parenting 0-18.

Flying Start Health Visitors, parents and other professionals can refer directly to Flying Start Parenting colleagues.

If you live in a Flying Start area and have older children whose needs you would like to discuss, please contact Cardiff Family Gateway on 03000 133 133.

“How will I know which programme is for me?”

This booklet introduces the programmes that Cardiff Parenting 0-18 currently offer. Cardiff Parenting 0-18 will talk with you on the telephone or in person before making a joint decision with you to agree what is right for you. It may be that the needs of your family change over time and that Cardiff Parenting 0-18 can work with you at different points in your family life.

GroBrain



What is GroBrain?

- GroBrain is a group for expectant parents or parents with an infant up to 12 months
- GroBrain explores bonding, emotions experienced by parents and baby, and brain development.

Why is parenting so important in the early years?

- Vital foundations for lifelong health and wellbeing are being laid in your baby's brain from conception to the age of 2.
- Experiences and relationships during these first 1001 critical days of life interact with our genes and affect the way the brain develops (Gerhardt 2015; Schore 2003)



Over the 5 week course you will look at topics including:

- How the brain is 'wired up' by early experiences and relationships.
- The impact of stress on a baby's brain.
- How to 'tune in' to your baby's cues and signals, and practice ways to soothe a baby.
- How to manage your baby's emotions.
- How to bond with your baby.
- Baby massage.
- Looking at how diet and lifestyle choices during pregnancy connect with baby's brain development.

Practical Information

- There are 5 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you attend all five sessions to get the most of the programme.
- You are welcome to come to sessions on your own or with a partner or another relative who supports you in your care and the care of your child.
- The programme is delivered in an informal style with a group of approximately 10 parents.
- All groups provide a crèche run by qualified staff, or you are welcome to attend with your baby. You are welcome to feed your baby during the sessions.



PARENTS AS PARTNERS

What is Parents as Partners?

- Parents as Partners is for parents who want to work together as partners or co-parents, for the benefit of your shared child or children. It supports parents in strengthening their relationship with each other, so you are more able to face life's ups and downs as parents.
- Parents as Partners is for two parents to complete together. Both parents are involved in sessions. You may be living together, in a relationship or separated. At least one child must be aged under 11 years.
- Weekly sessions are led by a male and female pair of practitioners each week.
- Parents as Partners has proven results in helping:
 - o Improve your relationship and communication with your child's other parent
 - o Strengthen your family relationships and improve your child's wellbeing and success
 - o Manage the challenges and stress of family life
 - o Reduce conflict in your relationship

Over the 16 week course you will look at topics including:

- The parental couple relationship & communication.
- The roles that each parent plays in the family.
- Family relationships

Sessions include a mix of creative activities, video clips and discussions, input from the group leaders and space to talk about the things that are important for you. The group is a safe space to explore things that might be difficult and sad, as well as a space for lively discussion, fun and meeting other people who might be going through similar situations.

Practical Information

- There are 16 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you attend all sixteen sessions to get the most of the programme. Both parents have to agree to participate and attend the group together
- The programme is delivered in with a group of 5 – 7 pairs of parents.
- To benefit from this programme, whether you are together or separated, you need to be willing to talk together about how you would like to bring up your children.
- Cardiff Parenting 0-18 provide a crèche run by qualified staff.
- Cardiff Parenting 0-18 meet couples/co-parents before to decide together whether the programme is suitable for you
- You cannot attend if you are currently involved in care proceedings or private family law proceedings



PARENT NURTURING PROGRAMME

What is the Parent Nurturing programme?

Parent Nurturing Programme from Family Links believes that children are rewarding, stimulating and fun although looking after them can be stressful and challenging. The Parent Nurturing Programme helps deal with these challenges so that you can have a calmer, happier family life. The Parent Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives, which contributes to learning.



Over the 10 week course you will look at topics including:

- Understanding why children behave the way they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- The importance of looking after and nurturing ourselves

Practical Information

- There are 10 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you come to all ten sessions as the programme fits together like a puzzle.
- You are welcome to come to the sessions on your own or with a partner or another relative who supports you in the care of your child.
- The programme is delivered in an informal style with a group of approximately 12 parents.
- The programme is best-suited to parents with toddlers, nursery and primary aged-children.
- Cardiff Parenting 0-18 provide a crèche run by qualified staff.

Strengthening Families Programme



What is the Strengthening Families Programme?

Becoming a teenager can be a challenging time for young people and parents alike. The Strengthening Families Programme is proven to support parents & young people through this time of change. The Strengthening Families Programme is a 7 week course for any family living in Cardiff with young people aged between 10 and 14 years of age.

Parents/Carers will discuss:

- What young people this age are like
- How to solve problems with young people
- Ways to show love and support

Young people will learn to:

- Handle stress
- Resist peer pressure
- Appreciate parents/caregivers



Strengthening Families is designed to:

- Help parents build on their strengths in showing love and setting limits
- Help young people develop skills in handling peer pressure and building a positive future
- Support personal and social development in preparation for teen years
- Increase parents' confidence in setting boundaries
- Build confidence in young people
- Help young people set goals for their future and support goal achievement
- Help young people build skills to avoid problems with drugs and alcohol
- Aid transition into secondary school

- Develop empathy in young people
- Help young people and parents identify each other's positive qualities and strengths
- Support parents in helping their young person have a good experience of their teenage years
- Strengthen family communication



Practical information

- Your family will attend 7 x 2hour sessions, usually held in the evening.
- During the first hour, parents and young people meet in separate groups, during the second hour they come together to have fun in activities and games.
- Cardiff Parenting 0-18 provide a crèche run by qualified staff for younger children to attend.

Parents and carers:

- You will meet other parents/carers with young people aged between 10-14 years of age
- Sessions use DVD's which portray different family situations
- You will do activities that will help you in your relationship with your child

Young people:

- You will meet other young people your age
- You will play games, take part in activities, learn new skills, and have fun!



TALKING TEENS

What is Talking Teens?

Talking Teens from Family Links acknowledges that the teenage years can be challenging both for parents and teenagers themselves. Talking Teens encourages an approach to relationships that supports young people to develop good emotional and mental health as they move towards adulthood and provide the basis for a calmer, happier family life.

Talking Teens introduces a weekly theme, including some background and theory, provides opportunity to parents to discuss and share experiences linked to the themes, and brings in some practical strategies to use at home.



Over the 4 week course you will look at topics including:

- What teenagers need from parents & what parents need from teenagers
- Recognising the feelings behind behaviours (ours and theirs)
- Understanding the teenage brain
- Talking about difficult issues such as: drugs & alcohol, social media, sex
- Finding ways to develop co-operation
- The importance of communication



Practical Information

- There are 4 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you come to all four sessions.
- You are welcome to come to the sessions on your own or with a partner or another relative who supports you in the care of your child.
- The programme is delivered in an informal style with a group of approximately 12 parents.
- The programme is best-suited to parents with pre-teen and young teenagers aged 10 years and over.
- Cardiff Parenting provide a crèche run by qualified staff for younger children to attend.

TEEN TRIPLE P

What is Triple P?

Triple P is for parents who are concerned about their teenager's development and behaviour. Triple P helps make raising children and teenagers easier and more enjoyable for both you and your children.



Group Teen Triple P is a great chance to meet other parents in similar situations with similar concerns.

The Every Parent's Guide to Teenagers DVD will show you how the strategies work in real life and your workbook will give you the tools you need to start positive parenting right away.



Practical Information

- There are usually about 12 parents in a group session.
- There are up to four group sessions with other parents. This could be in weekly sessions of two hours each, or it could be one or two longer sessions.
- Group Teen Triple P involves a few weeks for home practice (we will call you each week to help and support you and offer advice if you're having any trouble. Those calls last about 15 minutes.)
- The group meet for the final group session. This is a chance to go over any questions – and to congratulate yourself on how far you've come!
- Cardiff Parenting 0-18 provide a crèche run by qualified staff for younger children to attend.

PARENTS FIRST

How does Parents First Work with Families?

We work individually with parents or carers of children and young people aged 0 - 18 years. There are many different reasons why we become involved with families. You might have concerns about your relationship with your child, your child's behaviour or how your child's skills are developing. We often hear from families where the child's behaviour might be starting to cause a problem for the child, their brothers or sisters, or their parent or carer.

We usually start by visiting you where you live to get to know more about you and your family. It's a chance for you and your child to find out more about us and tell us about what your concerns are. It may also be helpful for us to talk with your child's school or other people working with you and your family. We will agree on a few targets that you'd like some ideas on. Each family will have their own personal targets.



What can you expect from us?

We will visit you usually once a week, for about an hour each session, over a 4-10 week period. Through talking with you, we can explore different ideas about how to manage or approach issues which you would like support with. This can be helping you to find ways to build on your relationship, notice and encourage your child's behaviour and/or skill development. We can also share information with your child's school on what's working at home. Where appropriate, we will bring activities for children present.



Who are Parents First?

We are a team of Home Liaison Officers (HLOs) and Educational Psychologists delivering personalised parenting support. Psychologists are interested in how people think, feel, behave and develop. Our HLOs have experience in working with parents, children and young people and receive training and supervision from the Psychologists.



WHAT PARENTS, CARERS AND YOUNG PEOPLE HAVE SAID ABOUT US:

*"The thing I found most useful from was knowing there was someone to talk to, to discuss problems about my child, who understood.
I am more confident in myself as a parent now."*

"The course helped me to see things from my child's point of view."

"I've learnt how to change & grow with my child - to set limits but remain caring and loving."

"We achieved what we thought was impossible. We are now more able to control our child's outbursts and meal times have become more enjoyable for us all."

"Excellent Group, very interesting – really enjoyed it. Learnt a lot about helping my baby develop."

"I've got a better understanding of his behaviour, development and behaviour management techniques."

"I am much more confident and able to cope now."

"Very informative. I enjoyed meeting other mums and dads and voicing my concerns."

"We are having less family arguments and the household is a lot calmer."

"I now know how to handle peer pressure."

"I've learnt how to stay calm and know what to do when I feel stressed."

"Spending time with my parents made us closer and we had lots of fun together."

