

Carrick Spring Term Parenting Schedule

January – March 2023

Being Passionate About Parenting 4 -11 years

A 3 week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer.

Day	Week1	Week 2	Week3	Time	Where	Availability
Wednesday	11 th January	18 th January	25 th January	10.00- 11.30am	Virtual Microsoft teams	
Friday	27 th January	3 rd February	10 th February	10.00 - 11.30am	Falmouth Family Hub	
Tuesday	21 st February	28 th February	7th March	1.00 - 2.30pm	Virtual Microsoft teams	

Being Passionate About Parenting Early Years 1-3 years

A 3-week workshop for Parents / Carers of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carers Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc.

Day	Week1	Week 2	Week 3	Time	Where	Availability
Thursday	19 th January	26 th January	2 nd February	10.00- 11.30am	Virtual Microsoft teams	



Being Passionate About Parenting with ADHD 4-11 years

A 3-week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviours from your young person's perspective and supporting them with practical strategies and top tips.

Day	Week1	Week 2	Week 3	Time	Where	Availability
Tuesday	10 th January	17 th January	24 th January	12.30- 2.30pm	Virtual Microsoft teams	Limited spaces
Monday	23 rd January	30 th January	6 th February	10.30- 12.30	Virtual Microsoft teams	
Monday	20 th February	27 th February	6 th March	10.00- 11.30am	Virtual Microsoft teams	Limited spaces
Wednesday	22 nd February	1 st March	8 th March	10.00- 12.00	Malpas Family Hub Truro	
Thursday	16 th March	23 rd March	30 th March	12.30 - 2.30pm	Virtual Microsoft teams	

Being Passionate About Parenting with Spectrum Awareness 4 -11years

A 3 week workshop for Parents / Carers of young people aged 4 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes: Fact and Fiction about the

Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviours from your young person's point of view.

Day	Week1	Week2	Week3	Time	Where	Availability
Wednesday 25 th	25 TH January	1 st February	8 th February	6.30 - 8.30pm	Virtual Microsoft teams	Full
Tuesday	21 st February	28 th February	7 th March	10.00- 12.00	Virtual Microsoft teams	
Thursday	2 nd March	9 th March	16 th March	6.30- 8.30pm	Virtual Microsoft teams	
Friday	10 th March	17 th March	24 th March	10.00 - 12noon	Virtual Microsoft teams	

Take 3 12-17 years 5 weeks

A 10 hour workshop for parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work.

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Time	Where	Availability
Thursday	12 th Jan	19 th Jan	26 th Jan	2 nd Feb	9 th Feb	6.30- 8.30	Virtual Microsoft teams	Full
Wednesday	1 st March	8 th March	15 th March	22 nd March	29 th March	6.30- 8.30	Virtual Microsoft teams	

10 weeks face to face

A 20 hour workshop for parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work.

Day	Wk1	Wk2	WK3	WK4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Time	Venue
Tues	10 th Jan	17 th Jan	24 th Jan	31 st Jan	7 th Feb	21 st Feb	28 th Feb	7 th Mar	14 th Mar	21 st Mar	10.00- 12.00	Newquay Family Hub
Mon	27 th Feb	6 th Mar	13 th Mar	20 th Mar	27 th Mar	17 th Apr	24 th Apr	1 st May	8 th May	15 th May	10.00- 12.00	Malpas Family Hub Truro

Being Passionate about the Teenage Brain

A 6 hour workshop for Parents / Carers of young people aged 12 to 17 (Secondary years 7 to 11). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims of the workshop include: To build relationships with our young people. To develop positive strategies to support behaviour management. To provide support, information and confidence to Parents/ Carers. Topics in this workshop include: boundaries and communication, emotions, keeping calm, praise, the teenage brain, parenting styles etc.

Day	Week 1	Week2	Week 3	Time	Where	Availability
Thursday	23 rd February	2 nd March	9 th March	10am – 12noon	Virtual Microsoft teams	

To book a place or for further information please contact the Early Help Hub.

- 01872 322277 Email: earlyhelphub@cornwall.gov.uk
- www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents-carers-early-help-requests