Overview of parenting courses allocated through the Knowsley Parenting Service

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| **Positive Parenting Programme (Triple P)** |
| Group Triple P is an evidence based parenting intervention delivered over eight weeks(two hours per week) for parents of children up to 12-years-old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child’s development and potential or they may have concerns about their child’s behavioural problems. The programme involves six (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations. Then there are two (15 to 30 minute) individual telephone consultations to assist parents with independent problem solving while they are practising the skills at home. |
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| **Positive Parenting Programme (Triple P ) - Teen** |
| Triple P teen is an 8 week (two hours per week) programme aimed at parents of children who are demonstrating negative or challenging behaviour, are at risk of exclusion from school or at risk of engaging in anti-social behaviour.  The programme provides parents with new skills and strategies for managing misbehaviour from teenagers and young adolescents.  The programme provides parents with problem solving techniques to help them continue to manage their child’s behaviour once the programme has finished.  The programme is suitable for parents of teenagers. |
| |  | | --- | | **Stepping Stones Programme (Triple P )** | | Triple P Stepping Stones is a 9 week (two hours per week) programme for parents of children who have a developmental delay or sensory or physical disabilities. Children who are experiencing delays in their development have the same needs as other children, however they need extra help and opportunities to develop their abilities. Stepping Stones uses positive parenting strategies, looks at the reasons for misbehaviour, gives tools to track behaviour, using visual aids, how to teach new skills and strategies for managing misbehaviour.  The programme is suitable for parents of children and young people up to the age of 25. | |
| **Mellow Parenting** |
| Mellow Mums is an attachment and relationship based group intervention for mums who have babies and young children (0-5). Mixtures of reflective and practical techniques are used to allow parents to address their personal challenges and the challenges they face with their children. The course runs for one whole day a week for 14 weeks and consists of 3 sessions, a personal session, a joint lunch and play session, and a parenting session. The children are in a nurture group session which runs alongside the programme. |
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| **Understanding Your Child’s Behaviour** |
| The Understanding Your Child’s Behaviour programme is a 10 week programme that promotes positive relationships between the parent and child, reflective and sensitive parenting and increases the self-esteem of both the parents and the children.  The programme also helps parents understand the importance of play and how this can be used as a tool to develop a reciprocal relationship with their child.  The programme provides opportunities for group discussion between parents where they can share skills, knowledge and experiences and offer support to each other in a comfortable and safe environment.  The programme is suitable for parents of children of all ages from 6mths – 18. We divide the course into 0-5 and primary age groups. |
| |  | | --- | | **ACE recovery toolkit** | | The Ace recovery toolkit is a 10 week programme that promotes resilience in families who have experienced Adverse Childhood Experiences. It helps parents to understand the impact of ACE’s on themselves and their children. Topics covered during the course include exploring parenting styles, child development, managing toxic stress and children’s emotions. The course gives the tools needed to promote protective factors and build resilience The programme uses CBT. It is a pilot programme being evaluated by John Mores university.  The programme is suitable for parents of children of all ages from birth – 18. There is a pre assessment to ensure suitability for the programme which takes place during a home visit. | |

We also have online versions of the Understanding Your Child’s Behaviour and Triple courses which can be allocated to families who are unable to access a course. These families would usually require support to access this online provision.

You can refer to any of these programmes via liquid logic selecting new assessment, then the parenting referral form.

The service is in the process of introducing one off parenting workshops which will be offered across the borough on a rolling programme. Children’s Centres will offer Understanding Your Child’s Behaviour for parents of children aged 0-5 and the Family Learning Service will offer Understanding Your Child’s Behaviour and Triple P workshops for parents of children aged 5-18. Parents can be referred as above or self refer via the children’s centre or family learning.

The Family Learning service also run Connect 5 Courses across the borough. These aim to help parents to support their children’s emotional health and wellbeing. They run for 5 weeks 2 hours per week and are aimed at parents of KS2/3 children. If you have any parents who you think would benefit from this contact Gill Downey via email on [gill.downey@knowsley.gov.uk](mailto:gill.downey@knowsley.gov.uk)