

## How can I access this?

You can speak to your nursery/ school/ children's centre/ support worker and request a referral into the Early Help Service for Parenting. You do not have to request a specific course because our Parenting Leads will read the information on the referral and decided which programme will best meet you and your family's needs.

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*"I thought it all was great. They listened with no judging and really understood the difficulties that we are facing" (Parents Plus attendee)*

*"He has been learning how to calm himself. He has less 'meltdowns'. Is going to bed better as well." (Incredible Years attendee)*

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## When / where are the courses?

Our programmes are delivered during term time only across Warrington. We deliver in Children's Centres and adapt our delivery timetable to meet the needs of our referrals. Courses are typically run Tuesday – Thursday either Morning (9:30-11:30am), Afternoon (12:30-2:30pm) or Evening (6:00-8:00pm). We try to offer crèche places for all our daytime courses.

## What happens next?

After you are referred into the service we will call you to let you know which course we feel will be best for you. We then put you on the waiting list for the next available course. Due to the length of our courses, there is generally a term wait for the next one to start. We will also inform the person who referred you.

Warrington Early Help Support Team  
01925 442233

# Early Help Parenting Offer: A brief guide for families

## What is evidence-based parenting?

Within Warrington we offer evidence-based parenting programmes. These are programmes that are devised using up to date knowledge about child and adolescent behaviour. The strategies covered in the programmes and teaching methods have evidenced to have good outcomes for families. That evidence is feedback from parents just like you who have said “this works!” Our programmes range typically range from 10 to 14 weeks long and consist of a group session 2 hours per week alongside home tasks for you to have a go at the strategies discussed that week.

### Who are the courses for?

Anyone! Parents attend our courses for a wide range of reasons. Whether you are a first time parent navigating sleepless nights and toddler tantrums, an experienced parent with concerns over your child’s development or you have a teenager! We have courses to suit all your needs and ages of children.

### Why are the courses so long?

Our courses are picked specifically so that they have lots of evidence behind them and so that they meet NICE (National Institute for Clinical Excellence) guidance for interventions to support children and young people with neurodevelopmental needs or reduce conduct disorder. The sessions build on each other like pieces of a jigsaw. When courses are delivered over a minimum of 10 weeks, you get the opportunity to really understand and practice the strategies each week, or adapt them to meet your family’s needs. This helps you to keep using them long after the course has finished. If we gave you too many strategies at once it is less likely you will be able to implement them all consistently.

### I don’t like groups!

Don’t worry, everyone is worried at the start of the course. It can feel scary going into a new place and meeting new people to talk about your home life. Our group numbers are limited so we never have more than 12 people on a course. We set ground rules to ensure that the group is a safe and warm place for you to share. Additionally, you only share what you want to. What we know about groups is that parents learn from and support other parents. It can be the most valuable thing to know that you are not the only person experiencing difficult behaviours with your child or teen.

## Our programmes

### Baby Incredible Years

(2hrs weekly for 8 weeks) – suitable for parents with babies aged 0-12months, however ideally aged 2-4 months at start of programme. Parents attend with their baby and focus on 6 topics: becoming a parent, babies as language learner, stimulation, reading baby’s minds, gaining support and babies emerging sense of self.

### The Incredible Years

(2hrs weekly for 14 weeks) – suitable for parents of children age 2-8 years. Adaptable strategies for all children but meets NICE guidelines for ADHD treatment, strategies also adaptable to support children with other neurodiversity needs. Focusing on supporting children to develop prosocial skills, emotional regulation skills, effective limit setting and managing difficult behaviours.

### The Nurture Programme

(2hrs weekly for 10 weeks) – suitable for parents of children aged 5-10 years focusing on children’s behavioural and emotional difficulties self-awareness, empathy, appropriate expectations and positive discipline.

### Parents Plus Adolescent Programme

(2hrs weekly for 10 weeks) – suitable for parents of young people aged 11- 16yrs. Focusing on understanding teenage brain development, building and maintaining positive relationships with your teen, positive discipline strategies, drug, alcohol, sexual health and technology information.