

**Are you a PARENT or CARER**  
**In East Sussex?**

**We are here to help!**

**What's on**  
**January, February and March 2024**



# Introduction

So, you have survived Christmas (congratulations!) and you are hoping for a fresh and fun New Year? Maybe you are considering some New Year Resolutions for your family like vowing to get out of the door on time or make a conscious effort to spend more quality time together?

Whether it is support with developing independence, healthy sleep routines, being firmer with boundaries and consequences or coping with teen emotions and anxiety - the Parenting Team has got you covered!

We are here to support you with our variety of online courses, each with specific tips on how you can deal with the most common behaviour problems; and best of all, these evidence-based methods have already been successful in supporting families worldwide through times of crisis. So, you don't have to do it alone; we'll get through this together. Parents and carers can access as much or as little as they like, and just small changes will make a big difference!

The Parenting Team use Microsoft Teams which is free to download and accessible from phones, tablets, and laptops! Just simply choose the support you would like to access and email us which course you would like to attend:

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Once you have joined the discussion you can choose to have your microphone and camera either on or off (whichever you are more comfortable with), but we do encourage you to try some face to face with the other parents as the more you engage, the more supported and confident you will feel!

*“Being a parent can be tough but remember that in your child’s eye – nobody does it better.”*

# What We Offer

## ONLINE Webinars 1-2 hours (all ages)

Most of the time parenting is great fun, you know you are doing a good job; but there are times when things get a little tricky.

Like when your toddler won't eat her dinner; or your six-year-old won't pick up his toys? Maybe your child never seems to listen? Or does your teenager only grunt? Sound like your life? If only someone could give you some ideas to make those times easier!

**We can, so come along and join us!**

Each webinar lasts between 1 to 2 hours, you'll watch short video clips showing other parents dealing with the same issues and you'll be encouraged to share your thoughts with the other parents in the group, if you wish to. You'll also be given a workbook with simple exercises and information to help you try your new strategies at home.

# What We Offer

## A Variety of Online Groups (all ages)

### Courses take place over 6-8 weekly sessions

From the very start of your chosen course, you will receive tips and suggestions to fit the needs of your family. Your workbook will give you tools and information to start positive parenting right away at home. All parenting groups consist of 6-8 group sessions, with other parents, in weekly 2-hour webinars, together with phone advice and support from the team. There is a group for every age, every ability and every parent will leave with a personalised parenting plan. Evidence shows that parents completing these courses show significant improvements in their stress and anxiety levels, also an improvement in their confidence and capabilities as a parent.

Email: [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk) for more information

# What We Offer

## Family Hub and Youth Hub Drop-in Sessions

(all ages)

Taking place in a Family Hub or  
Youth Hub near you!

We know that being a parent of a child or a young person who is struggling can be a worrying and difficult time, so we aim to support parents and carers in a variety of ways.

We are now running a range of drop-in sessions specifically for parents/carers, which are free and will take place throughout the year. *No need to book* just come to a Family Hub or Youth Hub to meet a member of the team and discuss ways in which we can support you with your parenting concerns.

Email: [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk) to find your nearest Family or Youth Hub.

## ***Meet the Team***



**Ann Marie Cox**  
Parenting  
Practitioner



**Sarah Gregory**  
Parenting  
Practitioner



**Sophie Lucas**  
Parenting  
Practitioner



**Gemma Adams**  
Parenting  
Practitioner



**Carly Evans**  
Parenting  
Practitioner

### **Family Hub and Youth Hub Drop-in Sessions**

**(all ages)**

- **The Archery Youth Hub Eastbourne** 9-12pm – 12<sup>th</sup> January, 9<sup>th</sup> February and 8<sup>th</sup> March
- **Devonshire Family Hub, Eastbourne** 1-4pm – 8<sup>th</sup> January, 12<sup>th</sup> February and 11<sup>th</sup> March.
- **Hailsham East Family Hub** 9-12pm – 8<sup>th</sup> January, 12<sup>th</sup> February and 11<sup>th</sup> March.
- **Peacehaven Family Hub** – Wednesdays 1-2:15pm
- **Shinewater Family Hub Eastbourne** 9-12pm – 5<sup>th</sup> January 2<sup>nd</sup> February and 1<sup>st</sup> March.
- **Uckfield Family Hub** Wednesdays 10-11am, Fridays 10-11:30am
- **Crowborough Family Hub** – Thursdays 1-2pm
- **Sidley Family Hub** – Tuesday 16<sup>th</sup> January 9:30-11am, 13<sup>th</sup> February Tuesday 9:30-11:00am and 21<sup>st</sup> March 12:30-2:00pm.
- ***More coming soon!***

# Let's Book You In! **WEBINARS**

## The Power of Positive Parenting (2-8 years) 90 minutes

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

This seminar is perfect for new parents, or those who need a refresh!

It introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are: -

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent



Tuesday 9<sup>th</sup> January 10-11:30am

Monday 5<sup>th</sup> February 1-2:30pm

Thursday 14<sup>th</sup> March 10-11:30am



# Let's Book You In! **WEBINARS**

## Managing Anxiety and Raising Resilient Children

**(2-12 years) 90 minutes**

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

This session is for parents who want to develop their child's understanding of feelings, and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

Thursday 11<sup>th</sup> January 12:30-2:00pm

Monday 19<sup>th</sup> February 10:00-11:30am

Friday 29<sup>th</sup> March 10:00-11:30am





# Let's Book You In! **WEBINARS**

## Turning Problem Behaviour into Positive Behaviour

**(Children with Additional Needs)** 90 minutes

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



This fantastic session discusses common behaviour problems such as hitting, shouting, and refusing to follow instructions. Gain skills in how to encourage appropriate behaviour and create your own useful parenting plan to make some positive changes at home!



Tuesday 23<sup>rd</sup> January 12:30-2:30pm

Thursday 7<sup>th</sup> March 10:00-12:00pm



# Let's Book You In! **WEBINARS**

## Dealing with Disobedience (Getting Your Child to Listen)

**(2-12 years) 2 hours**

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

You say it once...twice...three times...maybe even more! As you get more annoyed you get louder, then, before you know it, you're yelling! Only then do your kids finally follow your instruction, reluctantly doing as they are told. Or maybe your toddler or child starts yelling back! If you're wondering how to get your kids to listen without yelling, it helps to start to understand what could be making them behave this way.

All children misbehave at times, and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word *No*

Tuesday 16<sup>th</sup> January 10:00-12:00pm

Thursday 22<sup>nd</sup> February 6:30-8:30pm

Monday 18<sup>th</sup> March 12:30-2:30pm



# Let's Book You In! **WEBINARS**

## Managing Fighting and Aggression (2-12 years) 2 hours

Fed up with constantly asking your children to "play nicely" or "stop fighting!"?

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Tuesday 16<sup>th</sup> January 6:30-8:30pm

Wednesday 21<sup>st</sup> February 10:00-12:00pm

Thursday 21<sup>st</sup> March 10:00-12:00pm



# Let's Book You In! **WEBINARS**

**NEW!**

## **Healthy Sleep Webinar (4-11 years)**

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

For the first time The Parenting Team will be working alongside the East Sussex School Health Team to deliver a FANTASTIC new webinar around healthy sleep.

So, let's talk about sleep! What's normal? How do we cope?  
Knowledge is power.

This webinar aims to highlight current evidence, and help parents understand their children's sleep a little better. Explore healthy sleep routines and learn how to build good foundations for a lifetime of good sleeping habits.

Wednesday 10<sup>th</sup> January 1:00-2:00pm

Monday 5<sup>th</sup> February 10:00-11:00am

Wednesday 6<sup>th</sup> March 1:00-2:00pm



# Let's Book You In! **WEBINARS**

## Reducing Family Conflict (10+ years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Increased conflict with children during their teenage years is common but can be upsetting for the whole family.

This discussion group gives some positive parenting suggestions to help teach your teenager how to get along with others in the family, without constant fights and arguments.

Monday 22<sup>nd</sup> January 10:00-12:00pm    Wednesday 14<sup>th</sup> February 6:30-8:30pm

Wednesday 13<sup>th</sup> March 12:30-2:30pm



# Let's Book You In! **WEBINARS**

## Coping with Teenagers' Emotions (10+ years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

The transition from child to adult can often make teenagers highly emotional. Parents may find this upsetting and difficult to manage as it can cause disagreements and frustration for everyone. This session will give ideas on how to develop your teen's coping skills and emotional resilience.

Monday 15<sup>th</sup> January 10:00-12:00pm Wednesday 28<sup>th</sup> February 6:30-8:30pm

Tuesday 26<sup>th</sup> March 10:00-12:00pm



# Let's Book You In! **WEBINARS**

## Managing Screen Time (2-10 years) 2 hours

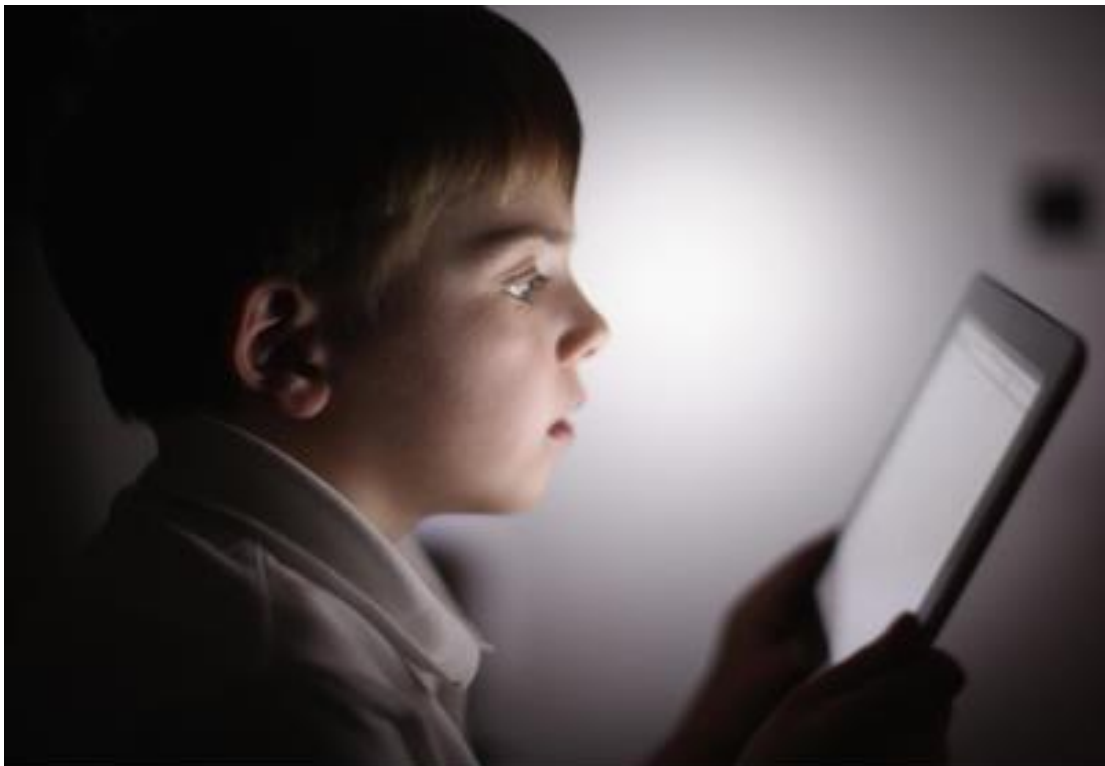
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and even smartwatches.

We understand the challenges parents face in the ever-changing digital world – this webinar will support you through tricky conversations, digital dilemmas and setting them up safely.

Wednesday 24<sup>th</sup> January 12:30-2:30pm

Monday 4<sup>th</sup> March 10:00-12:00pm



# Let's Book You In! **WEBINARS**

## Managing Screen Time (10+ years) 2 hours

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

How could we live without our smartphones, laptops, and other devices that allow us to go online? That's how most of us keep in touch with friends and family, take pictures, do our homework, find out the latest news, and shop.

But besides the millions of sites to visit and things to do, going online offers lots of ways to waste time — and even get into trouble! Join this webinar for some top tips on how to have open conversations and keep your teens safe online.

Tuesday 30<sup>th</sup> January 6:30-8:30pm

Wednesday 6<sup>th</sup> March 10:00-12:00pm





# Let's Book You In! **GROUPS**

To book onto any of these, please email your name, the title and date of the group you wish to attend to: [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Or call 01424725800 to discuss options.

## **Triple P Group (2-10) – 7 weeks**

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

The programme offers ideas to help deal with the big and small parenting challenges that are part of family life. Triple P does not tell you how to be a perfect parent (nobody is!) but offers a range of strategies for you to choose the ones that fit your family.

Triple P Positive Parenting programmes help you:

- build a positive relationship between you and your child.
  - manage behaviour in a positive way.
- set family rules and routines that everyone follows!
  - balance work and family commitments

**Wednesday 3<sup>rd</sup> January – 7<sup>th</sup> February 10:00-12:00pm**



# Let's Book You In! **GROUPS**

## Triple P Group FEAR-LESS (ALL AGES) – NEW! 7 weeks

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Fear-Less Triple P is designed for parents (and caregivers) of children with moderate to high levels of anxiety that cause significant distress or negatively impact on their everyday functioning. Fear-Less Triple P has four main goals:

- To help parents set a good example of coping with anxiety
  - To assist parents to coach all their children to become emotionally resilient
- To help parents develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents choose effective ways to respond to their children's anxiety

Thursday 4<sup>th</sup> January – 8<sup>th</sup> February 10:00-12:00pm



# Let's Book You In! **GROUPS**

## S.T.O.P

Teen Programme for Parents (10+ years) – 7 weeks

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

The STOP programme is a step-by-step course for parents with pre-teen or teenagers (10–16-year-olds). The course aims to improve family communication through learning how to really listen and de-code what your teen is really saying or needing. As your teen is developing and changing, knowledge on effective behaviour management skills and brain development will help you, as a parent, feel in control yet still sensitively respond to your teen's needs. The STOP Programme also gives information on key parental concerns for this age group such as drugs, drink, sexual health and aggression in young people. This course is mindful of parents/carers needs and emotions *as well as* the teenagers.

Thursday 4<sup>th</sup> January – 8<sup>th</sup> February 6:30-8:30pm



# Let's Book You In! **GROUPS**

## Triple P Group Stepping Stones – 8 weeks

**(2-10 years) (Children with Additional Needs)**

The pressure of raising a child with additional needs can put a strain on family life. Come and meet other parents experiencing similar situations and learn simple strategies that can make life at home a little easier for everyone. This group can help you manage problem behaviour and development issues common in children with a disability or additional needs, diagnosed or undiagnosed. It helps you encourage behaviour you prefer, cope with stress, teach your child new skills and build better family relationships.

Tuesday 20<sup>th</sup> February – 26<sup>th</sup> March 10:00-12:00pm



# Let's Book You In! **GROUPS**

## Group Triple P Family Transitions

(for separated parents) 8 weeks

### Family Transitions Triple P

*Argued over who has the children Christmas day?*

*Disagreeing over the best way to tackle the big emotions the children are experiencing?*

The programme is aimed at separated parents who are experiencing conflict in how to navigate co-parenting now they are separated.

Each parent can attend a separate programme and whilst it is beneficial that both parents attend a programme, it is still valuable if only one parent attends.

**Daytime Option: Wednesday 27<sup>th</sup> March – Wednesday 17<sup>th</sup> April  
10:00-12:00pm**

**Evening Option: Thursday 28<sup>th</sup> March – 18<sup>th</sup> April 6:30-8:30pm**



# Further Information

Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support and advice to help build a positive relationship with your child or your partner, we can help.

Check out our website and Facebook page for regular updates on available courses and events. [www.openforparents.org.uk](http://www.openforparents.org.uk) and <https://www.facebook.com/OpenforParents>.

Please call the team on 01424 725800 or email: [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk) for further support.

Kind Regards,

***East Sussex Parenting Team***



The Parenting Team are always striving to offer the best and most appropriate help and advice to our parents in East Sussex and with this in mind – we would greatly appreciate your thoughts!

If you have a parenting related concern that you feel is not covered by our current groups and webinars, then please do take a few minutes to scan our QR code OR click on the link and leave us some feedback and suggestions.

<https://www.surveymonkey.co.uk/r/XMTLXKY>



*Thank You!*