

**The Parents' Guide - East Sussex**  
**Free online courses to help parents feel  
more confident.**  
**April, May, June 2024**



# Introduction

As the days get longer and flowers add bursts of colour to our surroundings, you might be feeling ready for spring and thinking ahead to the new school year in September. But if you're worried about how your child will handle changes, or if you're aiming to spend more quality time together and less time staring at screens, the Parenting Team is here to help.

Whether you need advice on helping your child become more independent, getting them into healthy sleep habits, setting clearer rules, or supporting them through tough emotions and anxiety, we've got you covered. Our online courses offer practical tips for dealing with common issues, and they're based on methods that have worked for families worldwide, especially during tough times. You don't have to figure it out alone; we're here to support you.

You can choose to dive into our resources as much or as little as you like. Accessing our support is easy through Microsoft Teams, which you can download for free on your phone, tablet, or laptop. Just send us an email at [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk) to let us know which course you're interested in.

Remember, parenting isn't always easy, but in your child's eyes, you're doing a great job.

# What We Offer

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

Parenting is mostly a joy – you know you're doing a great job. But hey, let's be real, sometimes things can get a bit tricky. Like when your little one refuses to touch her dinner, or your six-year-old's room resembles a toy tornado. Perhaps your child seems to have selective hearing, or your teenager communicates solely in grunts. Sound familiar? If only someone could offer some tips to smooth out those rough patches!

Well, guess what? We've got your back! Join us for our webinars where we'll tackle these common challenges together. Each session lasts between 1 to 2 hours. You'll watch brief video clips featuring other parents dealing with similar issues, and you'll have the chance to share your own thoughts with the group if you want. Plus, you'll receive a workbook filled with straightforward exercises and helpful information to try out your newfound strategies at home. So, let's make parenting a little easier – come join us!

# What We Offer

## A Variety of Online Groups (all ages)

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

Right from the start of your chosen course, you'll receive valuable tips and tailored suggestions to suit your family's needs. Your workbook will provide you with a wealth of tools and information to kickstart positive parenting practices at home. Each parenting group comprises 6-8 sessions with fellow parents, conducted weekly via 2-hour webinars. Additionally, you'll have access to phone consultations and support from our team. Regardless of your child's age or your parenting experience, there's a group tailored just for you, ensuring that every participant leaves with a personalized parenting plan. Research indicates that completing these courses leads to significant reductions in stress and anxiety levels among parents, as well as boosts in confidence and parenting skills.

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** 9:30-12:00 12<sup>th</sup> April; 10<sup>th</sup> May and 14<sup>th</sup> June.
- **Devonshire Family Hub, Eastbourne** 1-4pm 8<sup>th</sup> April; 13<sup>th</sup> May and 10<sup>th</sup> June.
- **Hailsham East Family Hub** 9:00-12:00 – 8<sup>th</sup> April; 13<sup>th</sup> May and 10<sup>th</sup> June.
- **Shinewater Family Hub Eastbourne** 9:00-12:00 – 5<sup>th</sup> April; 3<sup>rd</sup> May and 7<sup>th</sup> June.
- **Sidley Family Hub** – 17<sup>th</sup> April 10:00-11:30am; 13<sup>th</sup> May 10:00-11:30am and 18<sup>th</sup> June 9:30-11:00am.

# 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 webinar 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 16<sup>th</sup> April 1-2:30pm

Friday 17<sup>th</sup> May 10-11:30am

Wednesday 12<sup>th</sup> June 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!

Monday 22<sup>nd</sup> April 11-12:30pm

Tuesday 22<sup>nd</sup> May 1-2:30pm

Wednesday 19<sup>th</sup> June 1-2:30pm





# Let's Book You In! WEBINARS

**Starting Primary School (Reception to Year 3) 90 minutes**

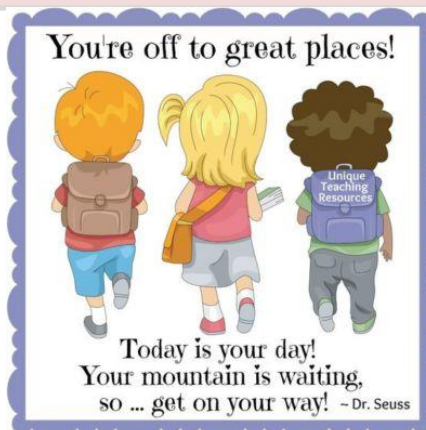
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Are you looking to help your child prepare for school? In this helpful webinar, parents will discover six key elements to empower children to excel confidently in school and in life. These essential skills for success include:

- Showing respect towards others
- Being thoughtful and considerate
- Developing effective communication and social skills
- Building and maintaining healthy self-esteem
- Enhancing problem-solving capabilities
- Encouraging independence

**Monday 29<sup>th</sup> April 12:30-2:00pm**

**Wednesday 5<sup>th</sup> June 10-11:30am**



# Let's Book You In! WEBINARS

## Starting Secondary School

**(10+) 90 minutes**

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

Starting secondary school is a big milestone in a child's life.

It marks the end of being at a small primary school and the start of being in a much bigger school environment, where there are greater expectations on a child or young person to be independent.

Gain practical advice on how to support your pre-teen in developing independence and resilience in their new school.

Tuesday 21<sup>st</sup> May 1-2:30pm

Friday 28<sup>th</sup> June 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!



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

Tuesday 11<sup>th</sup> June 12:30-2:30pm



# Let's Book You In! WEBINARS

**NEW!**

## **Supporting Parents of Neurodiverse Children**

**(2-19 years) 2 hours**

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

This session is for parents who want to develop their understanding and knowledge of different types of neurodiversity and ways to best support neurodiverse people. Topics include:

- What is Neurodiversity?
- Autism vs ADHD
- Common types of neurodiversity
- Pathological Demand Avoidance (PDA)
- Sensory Sensitivities
- Understanding meltdowns and best ways to respond.

**Wednesday 17<sup>th</sup> April 12:30-2:30pm**

**Monday 3<sup>rd</sup> June 10-12:00pm**



# 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 23<sup>rd</sup> April 6:30-8:30pm

Monday 20<sup>th</sup> May 10-12:00pm

Wednesday 26<sup>th</sup> June 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 30<sup>th</sup> April 12:30-2:30pm

Tuesday 11<sup>th</sup> June 6:30-8:30pm



# Let's Book You In! WEBINARS

## 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.

Monday 22<sup>nd</sup> April 1-2:00pm

Wednesday 15<sup>th</sup> May 1-2:00pm

Wednesday 19<sup>th</sup> June 2-3:00pm



# Let's Book You In! WEBINARS

**NEW!**

## **The Importance of Play (2-10 years)**

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

**Let's talk about play! What is it and why is it so important?**

**Play is an essential tool that can help to support our child's core skills such as social, cognitive, physical, emotional, and creative skills.**

**This webinar discusses ways in which we as parents can get involved and encourage our children to play in ways that help to develop their confidence, self-esteem, curiosity, and independence.**

**Play and learning goes hand in hand.**

**Thursday 2<sup>nd</sup> May 1-2:30pm**

**Wednesday 12<sup>th</sup> June 1-2:30pm**





# Let's Book You In! WEBINARS

**Building Teen Survival Skills (10+ years) 2 hours**

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

Talking to teenagers about risky situations can be tricky, as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover at their friend's house who you don't know? Do they want to stay at home alone, do they want to hang out in town with their friends? Teenagers need to be able to recognise risky situations, have a plan for coping with these and/or avoid more dangerous situations.

**Monday 15<sup>th</sup> April 6:30-8:30pm   Wednesday 19<sup>th</sup> June 10-12:00pm**



# 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.

**Monday 29<sup>th</sup> April 10:00-12:00pm**



# Let's Book You In! WEBINARS

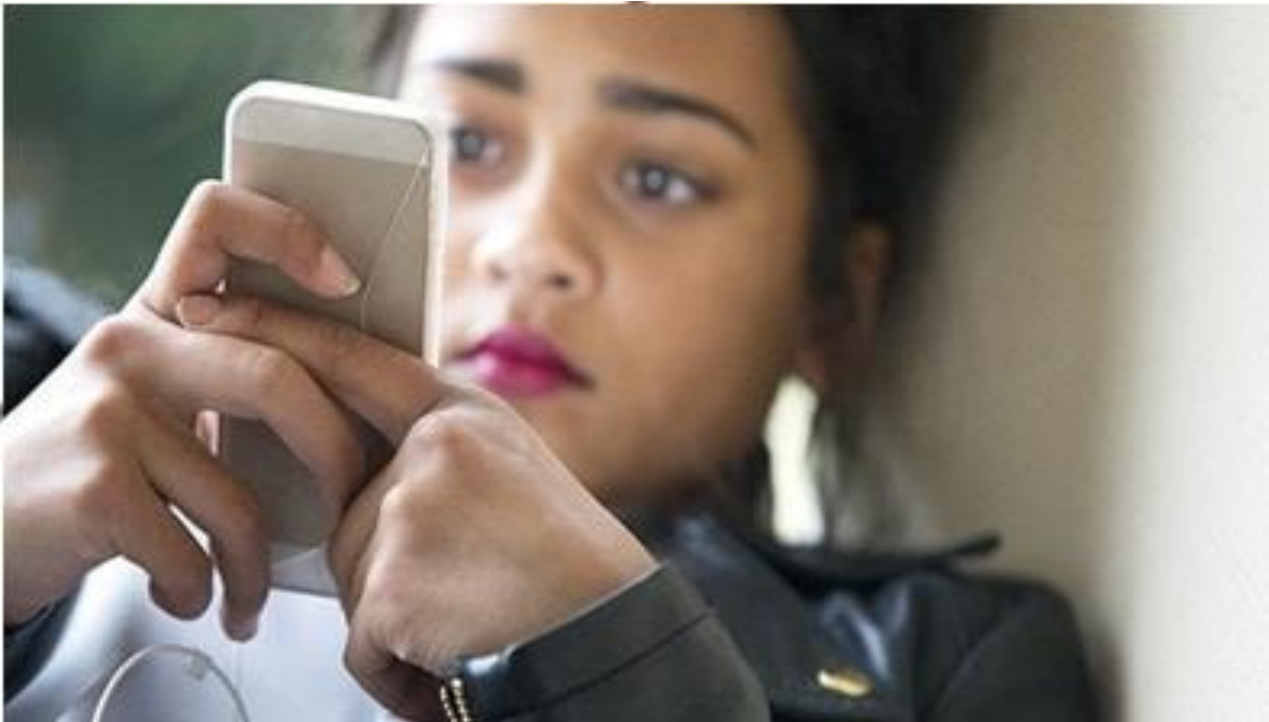
**Managing Screen Time (10+ years) 2 hours**

[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 7<sup>th</sup> May 6:30-8:30pm**



# Groups - Let's Book You in!

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.

## New Forest Parenting Programme – 6 weeks

**(3-11 years) – Children with moderate to severe symptoms of ADHD**

The New Forest Parenting Programme (NFPP) is for parents with a child between the ages of three and 11 with moderate to severe symptoms of ADHD.

NFPP takes place online and during these sessions, parents are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parents also learn strategies for managing their child's behaviour and attention difficulties.

**Tuesday 16<sup>th</sup> April – 21<sup>st</sup> May 10:00-12:00pm**



## **New Forest Parenting Programme**

Helping parents to help children with ADHD

# Groups - Let's Book You in!

## Triple P Group FEAR-LESS 6 to 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

**(Ages 4-9) Wednesday 17<sup>th</sup> April – 22<sup>nd</sup> May 10:00-12:00pm 6 weeks**

**(Age 10+) Wednesday 5<sup>th</sup> June – 17<sup>th</sup> July 6:30-8:30pm 7 weeks**



# Groups - Let's Book You in!

## 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 6<sup>th</sup> June – 18<sup>th</sup> July 10:00-12:00pm



# Groups - Let's Book You in!

## Triple P Group Stepping Stones – 7 weeks

**(4-10 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 4<sup>th</sup> June – 16<sup>th</sup> July 10:00-12:00pm**



# Groups - Let's Book You in!

## The Solihull Approach – Understanding your Baby.

### Birth -9 months 6 weeks

'Understanding your baby' is for everyone who cares for a new baby: supporting you and the new arrival from birth to 9 months. The course brings together all the traditional information given on a postnatal course, in a new approach to developing your relationship with your baby.

- Understanding yours and your baby's feelings
- Understanding your baby's brain development, communication and crying
- Understanding your baby's rhythms and developing healthy sleep patterns
- Understanding your baby's feeding
- Understanding your baby's play and development
- Understanding your baby's childcare needs

Thursday 18<sup>th</sup> April – 23<sup>rd</sup> May 10:00-12:30pm





# 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!*