

PARENTING COURSES AND RESOURCES

Online Courses

Family Links Nurturing Course

Available for free at

<https://www.netmums.com/support/netmums-parenting-course>

Suitable for parents of children aged between 2 and 13 years.

The program aims to:

- promoting emotional literacy and emotional health
- raising self-esteem
- developing communication and social skills
- teaching positive ways to resolve conflict
- providing effective strategies to encourage co-operative responsible behaviour
- managing challenging behaviour in children
- offers insights into the influence of feelings on behaviour
- encourages adults to take time to look after themselves.

Understanding Your Children

£39 available at:

<https://inourplace.co.uk/online-course-for-parents/>

The whole course takes under 4 hours and is broken up into 20 minute sections and can be completed at the learners own pace.

The modules included are:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why is sleep important?
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

Understanding Kids

Group courses with Lindsay Snow £99 available at:

<https://www.understandingkids.co.uk/>

Understanding Older Babies contains:

- Supporting Healthy Eating Habits
- Using Other Caregivers
- Communication and Language Development
- Sleep Patterns
- Risk Assessing
- Relationships and Family Resilience

Understanding Toddlers contains:

- Tantrums and Strong Emotions
- Undesirable Behaviour
- Play and Development
- Sleep Patterns
- Meal Times
- Balancing Needs

Leeds City Council

Henry Programme

Providing parents with skills, knowledge and confidence to give babies and young children a healthy start in life.

Suitable for parents with children aged 0-5 years.

This course covers:

- deciding what changes you want to make and set your own goals.
- how to juggle life with young children so you all get that you need.
- how to respond to children's needs without giving in to all their demands.
- positive mealtime tips for a happy family - reducing mealtime stress for everyone.
- ideas for active play to help children learn, develop and stay happy.
- food groups, food labels, portion sizes for under 5s, first foods, and snack swaps.
- understanding and managing your child's behaviour for a happier home.
- celebrate your success as a parent and planning your family's future.

0-6 years Parenting Course

- a 6 weeks course which covers a weekly topic to support parents to understand and effectively manage young children's behaviours.

Incredible Years Course

- a 10 week course that aims to teach parents how to promote positive behaviours in young children and provides techniques to help deal with common behavioural issues.

The above courses are available at local children's centres throughout Leeds. To find the nearest Children's Centre follow:

<https://familyinformation.leeds.gov.uk/childrens-centres>

From here click the box that says 'Search for list of children's centre family services. Then click children's centre services. Select centre- this will show all the courses that the centre offers and who/how to contact.

To find a nearest children's centre by post code use <http://familyinformation.leeds.gov.uk/Pages/earlystartsearch.aspx>

Not all the children's centres run the parenting courses.

Bradford City Council

Bradford Council offers a range of parenting courses which are free. Their website is

<https://www.bradford.gov.uk/children-young-people-and-families/get-advice-and-support/parenting/>

To book a course call 01274 435600

They offer the **Family Links** and **Henry Course** as well as:

Talking Teens

Suitable for

Parents of teenagers aged 11 to 18.

Programme aim:

To ease the transition from childhood to adolescence, by encouraging positive parenting and relationship building.

Sessions

6 sessions, 2 hours each over 4 weeks.

What the sessions cover

- effective communication
- relationship building
- managing conflict
- building self esteem
- managing problem behaviour

Time Out For Dads

Suitable for

Dads and step dads of children 0 to 19.

Programme aim:

- to increase confidence for dads in their parenting
- learn how to develop the dad-child relationship now and for the future
- to work out strategies for dealing with anger and conflict
- give dads an opportunity to meet other dads and share experiences in a supportive and encouraging environment.

Sessions

A 2 hour session per week over 6 weeks

What the sessions cover

- the need and importance of dads
- parenting goals and building self esteem
- relationships and working out strategies for handling anger and conflict
- importance of quality time and parenting styles
- setting and maintaining boundaries and managing your child's behaviour
- safety issues
- issues at home
- optional step-families

Wakefield City Council

Wakefield Council delivers a range of parenting courses for free across the Wakefield district. More information can be found at:

<https://www.wakefield.gov.uk/schools-and-children/supporting-families/information-for-families/parenting-courses>

To book a course call 01924 303301

Keep Calm and Carry on Parenting!

5 weeks - for parents with children aged 2-11

This course is to assist parents to improve their parenting skills and build positive relationships with their children. The course develops strategies for parents to encourage desirable behaviour and use planned activities routines to manage misbehaviour. This course is an adaptation from the popular tried and tested 'Webster Stratton' behaviour management course and aimed at parents, carers and grandparents of children aged 2 – 11 years.

What the sessions cover:

- Developing awareness of relationships and communication skills.
- Enhance your skills when managing your child's behaviour.
- Be more aware of the different approaches to parenting and problem solving.
- Identify possible causes of your child's misbehaviour
- How to set and maintain limits for behaviours including bedtime problems, fussy eating, aggression, tantrums & homework battles.
- Use praise effectively to encourage positive behaviour and ignore effectively
- Implement parenting routines
- How to find alternatives to shouting, nagging and feeling out of control

Keep Calm they're only Teenagers course!

5 weeks - for parents with children aged 11-16

This course will support parents to understand problems faced by teenagers today and provide strategies to support parents to recognise young people's goals and dreams and set goals for the future.

What the sessions cover:

- Discuss changes in young people and identify strengths of family members
- Give compliments to reinforce good behaviours
- Learn about family meetings, building positive relationships
- Understand why it is important to stay calm and respectful
- Save big penalties for big problems, taking away privileges
- Understand what family values are
- Learn how to listen to young people's feelings and avoid harsh criticism
- Meet young people's needs in positive way
- Learn how to set clear rules and boundaries to problems
- Understand what's underneath behaviour

Kirklees Council

Kirklees Council uses the **Understanding Your Children** Online course. This is normally £39. However, this link <https://www.thrivingkirklees.org.uk/tkparents/> will give those with a Kirklees postcode access to this course for free at the time of writing this.