

Cambridgeshire 0-19 years Courses for Parents Offer Information for Partners & Parent/Carers

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Introduction

Cambridgeshire County Council provides a universal 0–19 parenting support programme to help parents and carers strengthen family relationships and support children’s development. It includes evidence-based courses for different ages and needs, including SEND.

This sits within the Government’s *Best Start in Life* approach, bringing together services for families from pregnancy to age five. Locally, this is delivered through the Best Start in Life Delivery Plan and the development of Family Hubs, focusing on early help, parenting, health, childcare and school readiness. A key priority is improving Good Levels of Development (GLD) for 0–5s, with parenting programmes selected to support the best outcomes.

Our commitment

Cambridgeshire County Council is committed to ensuring every child has the **best possible start in life**. Our parenting programmes are evidence based- and designed to support:

- Positive parent–child relationships
- Children’s emotional wellbeing and development
- Parents and carers to feel confident, supported and empowered

This offer is for parents and carers living in Cambridgeshire, including those:

- At the transition to parenthood
- Parenting babies, children or teenagers
- Supporting a child with SEND
- Seeking help with relationships, behaviour or family wellbeing



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Courses for Parents in Cambridgeshire

Course	How to access	
Incredible Years Primary	For professionals, please complete Course for Parents Referral Form – Fill in form For parents/carers please email ccc.parenting@cambridgeshire.gov.uk	
Incredible Years Pre School	For professionals, please complete Course for Parents Referral Form – Fill in form For parents/carers please email ccc.parenting@cambridgeshire.gov.uk	 FAMILY HUBS
PEEP	Please contact the appropriate district via Child and Family Centres Cambridgeshire County Council	 FAMILY HUBS
Stepping Stones	For professionals, please complete Course for Parents Referral Form – Fill in form For parents/carers please email ccc.parenting@cambridgeshire.gov.uk	 FAMILY HUBS
Triple P Discussion Groups	Please contact the appropriate district via Child and Family Centres Cambridgeshire County Council	 FAMILY HUBS
Stepping Stones Seminar Groups	Please contact the appropriate district via Child and Family Centres Cambridgeshire County Council	 FAMILY HUBS
Togetherness	Access to the suite of 15 online courses is on the In Our Place website, all courses can be access through this link Learn - Togetherness	 FAMILY HUBS
Reducing Parental Conflict	Please email RPClead@cambridgeshire.gov.uk	 FAMILY HUBS
Triple P Baby	For professionals, please complete Course for Parents Referral Form – Fill in form For parents/carers please email ccc.parenting@cambridgeshire.gov.uk	 FAMILY HUBS
Triple P Teens	For professionals, please complete Course for Parents Referral Form – Fill in form For parents/carers please email ccc.parenting@cambridgeshire.gov.uk	
RISE	For professionals, please complete RISE Referrals from Professionals – Fill in form	
Healthy Relationships	For professionals, please complete Course for Parents Referral Form – Fill in form For parents/carers please email ccc.parenting@cambridgeshire.gov.uk	

Some of these courses may be co-delivered with partner agencies

Triple P Baby

Triple P Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours.

The program can be delivered as a group or individually. The first four group sessions are delivered with up to 10 parents, followed by four individual consultations to assist parents with independent problem solving while practising the skills at home. The four initial sessions can be delivered prenatally with the individual consultations delivered postnatally, or the entire program can be delivered postnatally.

 **WHO IS IT FOR? Parents at the transition to parenthood or with a baby up to 12 months of age. Parents need to be able to commit to all eight sessions.**

PEEP Learning Together

PEEP is a friendly programme that helps parents and carers support their child's learning through everyday activities like talking, playing, singing and sharing books. It helps children develop communication, confidence and early learning skills while strengthening family relationships.

 **WHO IS IT FOR? For parents of children aged up to 5 years. Sessions are delivered flexibly; each group is approximately 1 hour.**

Incredible Years Pre School

The Incredible Years Pre-School programme supports parents and carers to build warm, positive relationships with their children, creating strong foundations for learning and development. It promotes nurturing and consistent approaches that help children feel secure, confident, and ready to learn. Delivered over 14 sessions, the programme equips parents and carers with practical skills to encourage social, emotional and language development, use positive and effective behaviour strategies, support children to manage their emotions and build confidence, develop school readiness skills, and work in partnership with early years settings.

 **WHO IS IT FOR?** For parents of children aged up to 6 years. Attendees need to be able to commit to all 14 sessions.

Incredible Years Primary

This friendly and supportive course helps parents and carers build strong, positive relationships with their children by recognising the power of praise, encouragement and clear guidance, while developing practical ways to respond confidently to more challenging behaviours. Delivered over 10 sessions, the Incredible Years programme provides a welcoming space for parents to learn and grow alongside others, with each session featuring group discussions, short videos, and opportunities to practise new skills in a safe and supportive environment guided by experienced, approachable facilitators.

 **WHO IS IT FOR?** For parents of children aged up to 12 years. Attendees need to be able to commit to all ten sessions.

Stepping Stones (SEND)

Stepping Stones Triple P is a supportive programme for parents and carers of children with additional needs, whether formally diagnosed or not, offering tailored, practical strategies to support everyday family life. Designed for families of children from birth to 12 years, it begins with a strengths-based assessment and helps parents better understand and respond to their child's communication and behaviour, build on their strengths, reduce stress, strengthen relationships, and support their child's development and learning.

 **WHO IS IT FOR? Parents of children with special additional need (SEN) aged up to 12 years. Parents need to be able to commit to all nine sessions.**

Triple P teen

Triple P Teen is a supportive programme for parents and carers of young people up to 16 years old, designed to build practical skills and confidence in everyday parenting and to support teenagers' growth, independence, and behaviour. Delivered through five group sessions and follow-up phone support, the programme covers key topics such as understanding influences on teenage behaviour, setting positive goals, encouraging independence, managing behaviour calmly, and supporting emotional wellbeing, including making safe choices. It is suitable for parents and carers who are experiencing challenges, want to prevent difficulties, or are looking to strengthen positive family relationships.

 **WHO IS IT FOR? Parents of 11–19-year-olds. Parents need to be able to commit to all eight sessions.**

Parenting Discussion Groups

These are a series of six group workshops offering parents and carers practical, flexible strategies for everyday parenting. Each two-hour session introduces positive parenting principles while recognising children's individual needs, and covers topics such as cooperation, routines, managing behaviour, and emotional expression. Families can attend sessions most relevant to them, with the groups particularly suited to those seeking guidance, reassurance, or new approaches to manageable day-to-day challenges

 **WHO IS IT FOR?** For any parents of children aged up to 12 years. Attendees can attend up to six sessions.

Growing Together: SEND Parenting Workshops

These parenting workshops are low-intensity, seminar-style sessions for parents and carers of children with disabilities or developmental differences (diagnosed or not) up to age 12. Made up of three standalone workshops, families can attend those most relevant to them, covering positive parenting, supporting children's development, and responding to behaviour. The sessions provide practical, supportive introductions to strategies that build positive relationships, encourage communication and independence, and promote emotional wellbeing, recognising each child's unique strengths and needs.

 **WHO IS IT FOR?** For any parents of children aged up to 12 years with a special educational need (diagnosed or not). Attendees can attend up to three sessions.

Togetherness Parenting programmes

Togetherness (Solihull Approach) is about emotional health and wellbeing for all children, their parents, carers and grandparents. It promotes sensitive relationships, early years support and understanding brain development to help nurture kind, emotionally aware children as they grow.

We know relationships shape who we are; they shape how our brains develop from as early as pregnancy and throughout our lives. That's why we they developed courses, for all parents to help understand brain development and emotional health and wellbeing throughout the parenting journey. There are now at least 18 online courses covering the age range from antenatal to age 19+: Using the access code **PARENT24** all residents in Cambridgeshire can access this suite of courses for free. The URL link is [Learn - Togetherness](#)

WHO IS IT FOR? Any Cambridgeshire parent

RISE

RISE is a supportive, face-to-face programme for individuals who have experienced domestic abuse, whether currently in a relationship or no longer in it, offering a safe space to learn, share and reflect. Delivered over six weekly two-hour sessions, it includes guided discussions and gentle activities to build understanding of relationships, safety and wellbeing. A short safety and needs assessment is completed beforehand to ensure appropriate support is in place. The programme is suitable for those who want to better understand healthy and unhealthy relationships, increase awareness of personal safety and available support, and access a respectful, supportive environment for learning and discussion.

 WHO IS IT FOR? For victims/survivors of domestic abuse. Attendees need to be able to commit to all six sessions.

♥ Healthy Relationships

The Healthy Relationships programme supports parents and carers to understand what healthy relationships look like, both between adults and between adults and children, how to build strong, positive connections at home and within their wider networks. Delivered over six weekly two-hour sessions, it focuses on improving communication skills and exploring how conflict and challenging interactions can impact family life, while offering practical strategies to create calmer, more supportive relationships. The programme provides a friendly, non-judgemental space where participants can share experiences, learn alongside others, and access further support if needed.

👤 WHO IS IT FOR? For parents of children any age, wanting support with building healthy relationships. Attendees need to be able to commit to all sessions

Referrals

CCC delivered courses for parents will receive attendees in different ways:

- Self-referral
- A referral from social care or any other professionals, or
- A Targeted Support Service Manager or EHSO considers that a parenting programme would meet the needs identified in the EHA, or
- As part of, or at the end of a professional intervention, as part of the exit strategy, or where it is felt that not all the needs have been met and accessing a parenting course would meet outstanding needs

Parents/referrer will be contacted by Parenting Programme Coordinator to discuss course suitability and be allocated a place on the next available course or signposted to Togetherness.

Evaluation

We will monitor the progress of parents completing course in these ways:

1. A pre-course evaluation will be completed prior to commencement of the course
2. A post-course evaluation will be completed at the end of the course; this may be done in person by the practitioner with the parent
3. A 3 month follow up will look at sustained behaviour post completion of the course
4. Any additional feedback, and cases studies can be sent to the Parenting Coordinator