A Guide to FREE support throughout your parenting journey

Programmes and Courses available for Parents and Carers in Coventry



- Understanding your child's behaviour
- Find out how you can support your child's emotional development
- Supporting your child's development at different stages as they grow

Coventry City Council

child friendly COV

COVENTRY BEST START FAMILY HUBS

BEST START IN LIFE

How to book a place or find out more

In Coventry the Family Relationships Team offer a variety of programmes and courses for parents and carers both face to face, virtually via Microsoft Teams and online. Programmes and workshops are available during the day at various times as well as evenings and some weekends.

Our workshops and programmes can help you gain more of an understanding of your child's development and behaviour and offer new ideas that support you to problem solve, reduce stress and have fun! We will help you to recognise and build upon your existing skills as well as sharing with and learning alongside other parents.

The word "parents" is used in this guide to refer to anyone in a parenting role, including foster carers, grandparents, special guardians etc. Our programmes are open to all!

We have short courses, workshops, pre-recorded webinars, and online courses that you can complete at a pace that's right for you as well as 10-week and 4-week programmes that you can attend each week in a group.

To find out more about any of the programmes and workshops listed please contact us via email or visit the virtual family hub by downloading the Coventry Families App and search '**parenting**'.



Contact us

Email: **familyrelationships@coventry.gov.uk**

Website: **coventryfamilies.co.uk/parenting-support**

To request a place on any programme or workshop visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab **or scan the QR code**

Access online programmes by registering here **www.togetherness.co.uk** and entering Coventry's **FREE** access code: **SPIRES3**

THE CENTRE FOR EMOTIONAL HEALTH
HOME OF FAMILY LINKS

Support for when you are expecting a baby

Welcome to the World Programme for Parents expecting a baby

Welcome to the World is a 4-week group programme from The Centre for Emotional Health for those who are expecting a baby. Delivered by practitioners with specialist training and a midwife. Parents attend the group from approximately 24 weeks of pregnancy. Topics include empathy and loving attentiveness, infant brain development, healthy eating choices, breast-feeding, infant care, managing stress and difficult feelings, promoting self-esteem and confidence, and the couple relationship.

This programme is delivered face to face..

To find out more or book a place, visit our website or email us.

To find out when the next Welcome to the World programme is email **familyrelationships@coventry.gov.uk** or visit the booking page by searching parenting on **coventryfamilies.co.uk/parenting-support**

FREE Welcome to the World booklet for those who attend the programme.



Understanding Pregnancy, Labour, Birth and your Baby Online Programme

This online 9-module programme is for all parents, grandparents and carers expecting to welcome a new baby and has been designed to include all the practical information and advice you might expect from traditional antenatal class with the additional benefit of support around emotional and mental wellbeing for you and your baby. The programme can be completed in addition to face-to-face antenatal sessions or in place of them if you are unable to or prefer not to attend in person.

Visit **togetherness.co.uk** and use the access code: **SPIRES3** to register for **FREE** and access this course.

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Baby programmes

Free Baby and Me Journal for every family attending.

kca. KNOWLEDGE. CHANGE. ACTION.

Five to Thrive Baby From ages 6 weeks – 10 months



Five to Thrive Baby is a 5-week programme for parents and babies to attend together. This programme focuses on helping you to support your baby's brain development and emotional health. It follows the Five to Thrive Framework:

RESPOND **ENGAGE** **RELAX** **PLAY** **TALK**

Each week activities are offered to help you respond and talk to your child and engage, play, and relax together. Five to thrive practitioners share information about these five activities you can do every day with your child that helps build healthy brains and good emotional health.

To find out when the next Five to Thrive programme is email: **familyrelationships@coventry.gov.uk** Bookings are available at **coventryfamilies.co.uk/parenting-support** and click 'Book Your Place'.

Understanding your Baby Online Programme 0–1 year

Your baby's brain is making millions of connections every second. The important relationships in your child's life help shape their emotional health and wellbeing, with their first three years being the most important period in their brain development. This online 11 module programme shares a range of practical tools as well as emotional support and guidance for sleeping, feeding, playing, soothing, and connecting with your baby and some specialist material just for fathers is included. You can complete the modules at a time and place which is convenient to you. There is no need to complete it all at once as you'll receive email reminders from In Our Place so that you can pick up where you left off.

Visit **togetherness.co.uk** and use the access code: **SPIRES3** to register for **FREE** and access this course.

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Baby programmes



Sleep Tight Workshop – Parents of children aged 1 year+

This session will be delivered by The Family Relationships Team who have been trained by The National Sleep Charity.

Quality sleep is essential for children's growth and development. Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This two-hour workshop looks at the importance of sleep and the many factors that can affect sleep including sleep cycles, causes of sleep issues and what you can do to support your child to sleep better.

This workshop covers advice around sleep suitable for babies, children and teens. The practitioner will also share information about sleep issues for children with Autism and ADHD.

This workshop is delivered both face to face or virtually. **To find out when the next one is email: familyrelationships@coventry.gov.uk Bookings are available at coventryfamilies.co.uk/parenting-support and click 'Book Your Place'.**



The Nurturing Programme from The Centre for Emotional Health

Free Parenting Puzzle book for every parent who attends.

The Nurturing Programme is a 10-week face to face parenting programme, which improves the emotional health of both adults and children also strengthening family relationships. It provides parents with an understanding of children's behaviour and enhances skills in listening and communicating. It examines feelings and how these influence behaviours; looks at the value of praise, how to give choices and consequences and create family agreements and rules. It also gives parents the opportunity to learn about how to support the development of emotional regulation in their child.

To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab.

THE CENTRE FOR EMOTIONAL HEALTH
HOME OF FAMILY LINKS



Parenting Programmes 0–10 years

If you are looking for a nurturing programme for younger children try the parenting puzzle workshops.

Parenting Puzzle Workshops 0–5 years

THE CENTRE FOR EMOTIONAL HEALTH
HOME OF FAMILY LINKS

The course consists of four two-hour workshops for groups of parents of children under 5 years old which cover the following topics:

- Understanding your children's behaviour
- Listening and how babies and children communicate
- Praise and guidance
- Power of play and positive moments
- Boundaries and parenting styles
- Looking after ourselves
- Dealing with stress and conflict
- Developing the Family Toolkit

To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab.



Positive Family Foundations Primary 0–10 years

Positive Family Foundations is a nurture-based parenting programme incorporating practical information, activities, and resources. It is aimed at parents of children aged 0–10 years old.

We use ideas around therapeutic parenting and brain development, sensory regulation, and attachment theory to help parents to understand and support their children's development, and to see how they can calmly and positively influence behaviour.

There are **FREE** face-to-face classes and online pre-recorded classes each term. The courses take place during school term time in different venues across Coventry. Each session is 2 hours per week, over ten weeks. There will be up to 12 parents / carers in each group. The sessions are run in a friendly and informal way by experienced and qualified Family Learning teachers.

To find out more or book your place email:
aeslifeskills@coventry.gov.uk



Talking Teens 4–week programme 10–18 years or 25 with SEND

THE CENTRE FOR EMOTIONAL HEALTH
HOME OF FAMILY LINKS

Free 'Talking Teens' book for every parent who attends

This programme is delivered in groups in various venues face to face.

The most recent scientific research shows that the period of adolescence begins around 10 years of age and ends around 25 years!

Adolescence is the second most complex time of development in our children's lives. Research shows that there are many changes in brain development during this time which affects our children's behaviours. If you would like to know more about this and how to support and respond to your teenager or pre–teenager, then this programme is for you!



Available for parents of children aged 10 years and upwards

The sessions will look at:

- **Being a parent of a teenager;** The role of parents for teenagers; Responding to difficult feelings
- **Understanding your teenager;** Understanding teenage development; Parenting styles; Praise and criticism
- **Communicating with your teenager;** Talking and listening; Communicating clearly; Handling difficult issues
- **Managing conflict;** Rules and boundaries; Choosing how to respond; Problem solving

To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting–support** and click the **'Book Your Place'** tab.

FREE Online courses for Parents of Teenagers and Teenagers themselves

There are several online courses available for parents and carers of teenagers and teenagers who register with **togetherness.co.uk**

For parents and carers of pre-teens and teenagers:

- **Understanding your teenager's brain:**
  This covers understanding brain development in adolescence, reading teenagers behaviours and feelings and how to nurture your teenager's mental health and maintain a good relationship.

- **Understanding your child's mental health and well-being**
  The important relationships in your child's life help shape their mental health and wellbeing, teaching important emotional skills they'll use throughout their lives. **Understanding your child's mental health and wellbeing** will help you to connect with them and provide the best support to nurture confidence, resilience and empathy, setting them up to thrive.

For teenagers themselves:

Understanding your brain:
This course covers understanding your brain development and what it means for how you feel and behave. It also covers understanding your feelings and mental health and how to nurture emotional well-being as well as, how your relationships and friendships may change and why.

Understanding your feelings:
Your teenage brain will go through a cycle of rapid growth during puberty. Remarkably, this affects how you feel and behave. This course is a great place to start if you want to learn about your emotional health, why you feel the way you do, and how to manage these feelings.



Use Coventry's **FREE** Access Code: **SPIRES3**

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Programmes for parents and carers of children with Special Education Needs or Disabilities (SEND)

SEND Nurture Programme
The Nurturing Programme designed in conjunction with Clinical Psychologists is delivered by The Family Relationships Team with experience of working with children who have additional needs or disabilities. **Parents of children aged from 3–11 yrs with a diagnosis, awaiting assessment or who have concerns about their child can attend.**

To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab.

Specialist online courses available through **togetherness.co.uk** Use Coventry's **FREE** Access Code: **SPIRES3**

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Understanding children with additional needs
This specialist course for parents, relatives or friends of children with additional needs is designed to support you to better understand their world and how the important relationship you share can enable them to thrive. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to read and manage behaviour, develop your communication and support their development.

Moving up to secondary school for children with additional needs

This short specialist course is for parents,relatives or friends of children who have **additional needs.** Your child may have dyspraxic, dyslexia, anxiety, autism, ADHD, physical disability, learning disability or really dislike change or any other additional needs. It is designed to support both you and them as they **transition into secondary school.**



Workshops and Introductory sessions

There are also short workshops available both virtually via Microsoft Teams and face-to-face at various venues across Coventry.

Sleep Tight Workshop – Suitable for parents of children aged 1 year +

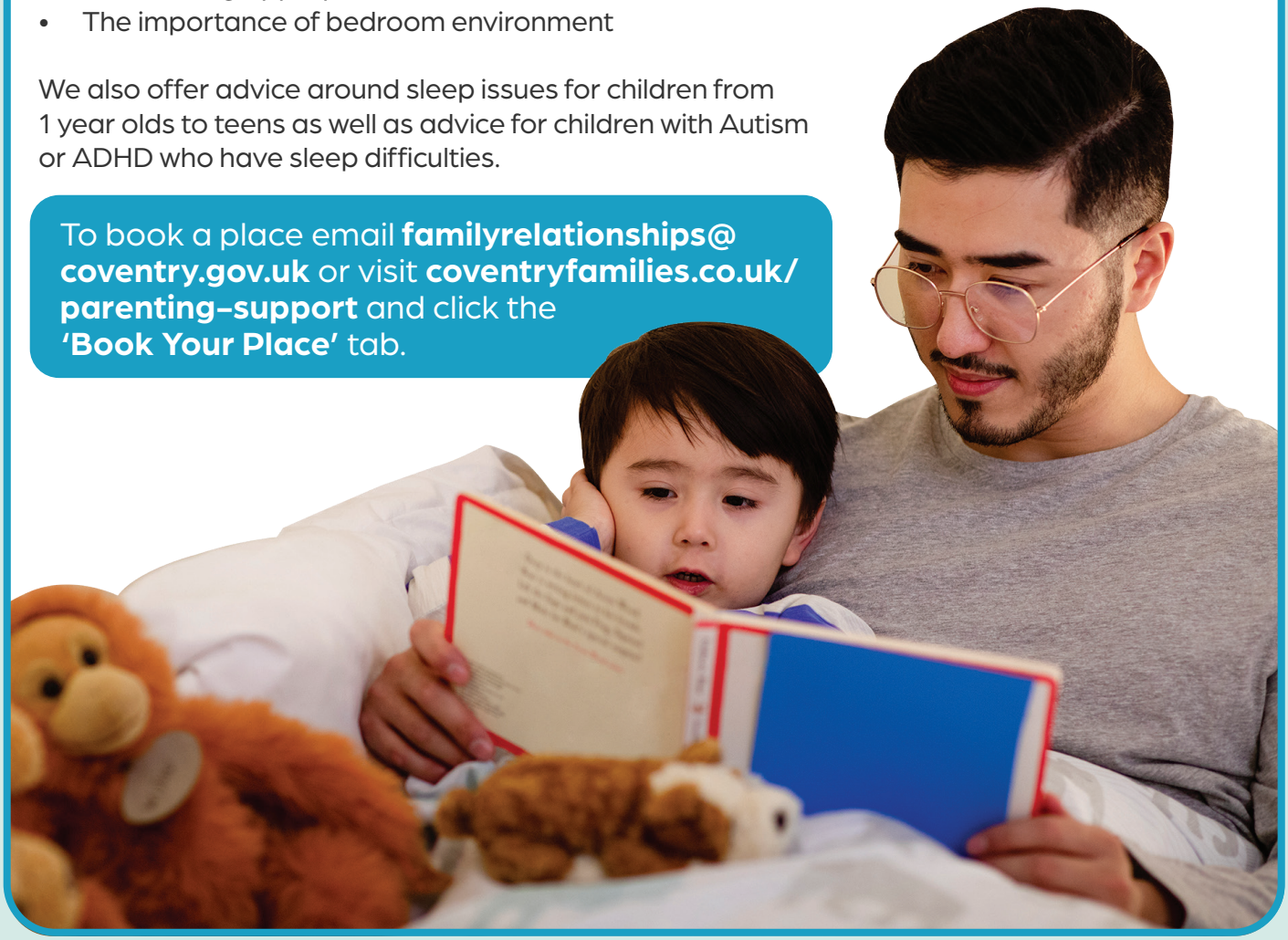
Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This two-hour workshop looks at the importance of sleep, understanding sleep cycles, causes of sleep issues and what you can do to support your child to sleep better. This session will be delivered by The Family Relationships Team who have been trained by the National Sleep Charity.

This is a 1.5-hour workshop offering an introduction to

- The importance of sleep and understanding sleep cycles
- Causes of sleep issues
- Strategies to overcome sleep problems
- Establishing appropriate bedtime routines
- The importance of bedroom environment

We also offer advice around sleep issues for children from 1 year olds to teens as well as advice for children with Autism or ADHD who have sleep difficulties.

To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab.



Workshops and Introductory sessions

Understanding Your Child's Behaviour Workshop

This is an introductory workshop for parents and carers who want to understand their child's behaviour better and how to respond to it.

This 2-hour workshop offers an introduction to

- Understanding the role of children's basic needs in behaviour
- What is positive parenting?
- The impact of thoughts and feelings on behaviour
- The role of relationships
- Exploration of common parent traps
- Supporting emotional regulation in children
- The role of praise, giving choices and consequences and developing family agreements



To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab.

Pre-recorded seminars

If you are unable to access a group and would like to watch a pre-recorded session, then our pre-recorded information seminars may suit you!

We have several pre-recorded seminars delivered by The Family Relationships Team available on the website: **oventryfamilies.co.uk/parenting-support**

https://youtu.be/LenAJpPh3BI
For parents of primary age children

https://youtu.be/mm-QFCCJ6y0
For parents of children under 5 years

https://youtu.be/WITPxzbArVg Emotional well-being seminar for parents of 9 years – teens

https://youtu.be/pafAXUr7a2g Teens seminar



Courses To Support Your Own Self Development

Living With Confidence

A course for women who are parents

Are you a parent? Do you want to feel more confident in yourself? Do you want to do something that's just for you?

The Living With Confidence group programme aims to help you understand your own and others behaviours better, builds confidence and promotes assertiveness.

What does the course cover?

Week 1
Introduction to course, what is self-esteem and personal power

Week 2
Exploring different behaviour types, learning new skills and changing habits, praise and blame, personal qualities

Week 3
Understanding the importance of active listening skills, praise and criticism, Labelling

Week 4
Looking at communication and body language, the asking for time technique, 'I' messages and assertive rights

Week 5
Recognising and managing emotions and feelings, anger awareness, personal warning signs

Week 6
Dealing with criticism, anger and stress, caring for ourselves

Week 7
Being an assertive person in relationships and as a parent, saying no and examining the power of our thoughts

Week 8
Making changes and setting goals – group evaluation and celebration lunch



To book a place email **familyrelationships@coventry.gov.uk** or visit **coventryfamilies.co.uk/parenting-support** and click the **'Book Your Place'** tab.

Also available for parents self-development online via **togetherness.co.uk:**

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Understanding Your Own Trauma Online Course

Understanding your own trauma is designed to help learners to:

- Understand the diverse nature and impact of trauma experiences
- Learn effective ways to process trauma
- Nurture resilience through healthy relationships
- Understand more about emotional health and wellbeing

Understanding your Relationships Online Course

- Understanding your own needs and communication style while recognising others to build meaningful connections
- Understanding how to get what you need while also fostering active listening skills
- Developing strategies to manage conflict and control anger or frustration and repairing when things go wrong
- Exploring parenting and childhood to understand how early experiences shape emotional health and resilience
- Ideas and approaches to help you get the best out of yourself and others



Use the **FREE** Access code **SPIRES3**

To find out more or book a place on any face to face or vitual workshop or programme visit
coventryfamilies.co.uk/parenting-support

For questions or further information email us
familyrelationships@coventry.gov.uk



Contact us

Email: **familyrelationships@coventry.gov.uk**

Website: **coventryfamilies.co.uk/parenting-support**

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