

Together for Families

Early Help Parenting Newsletter – Summer 2024

Free information, support and guidance for parents and carers.

Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

www.cornwall.gov.uk/parenting

The programmes currently available are:

Solihull: Understanding your Child – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

Parents Plus Adolescent Programme – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

Living with Parents – a one day workshop for parents and their young person aged 12 to 17 years.

Supporting Healthy Relationships – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

Understanding your Child with Additional Needs –

a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

“Brilliant course! Helped myself and my children a lot. Would definitely recommend this to other parents.”

– Parent on Solihull
Understanding your Child
(March 2024)

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (18:00-20:00) delivered by our parenting team to support on a wide range of topics. Please book on by visiting

www.cornwall.gov.uk/parenting

Date	Bitesize Child (for parents/carers of children aged 4-11)
07.05.24	Bullying
21.05.24	Remaining calm
11.06.24	Praise and rewards
25.06.24	Special time with your child
09.07.24	Routines and boundaries
23.07.24	Technology and safety
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
14.05.24	Teenage brain
04.06.24	Technology and safety
18.06.24	Sibling rivalry and conflict
02.07.24	Remaining calm
16.07.24	Mental wellbeing

Help us shape our service!

We invite you to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit

www.letstalk.cornwall.gov.uk/parentingsurvey to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on 'Stay Informed – Subscribe' button on this page.

Positive Parenting Top Tip!

Self-care

You cannot pour from an empty jug!

As you give love, affection, care and boundaries to your children to help them learn and regulate their emotions, you are pouring from your 'jug', so a key thread that runs through all of our programmes, is the importance of self-care.

Remember to top yourself up and do something for yourself several times a week. As long as your children are safe, it's ok to 'press the pause button' and have a cup of tea, talk to a friend, take time for a hobby or do some positive self-talk.

When things get challenging, take deep breaths and remember it's better to respond than to react. And remember your child need you at your best so look after yourself.

Service Spotlight

Video Interaction Guidance (VIG)

VIG aims to: strengthen the bond between parents/carers and their children, develop attunement and sensitivity, and help parents/carers to become more reflective.

How does it work? The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy and then looks carefully at the video to select 3 short clips when the interaction was going well. The VIG practitioner takes this clip to show the parent/carer and this cycle is repeated between 3 and 7 times.

How might it help? It highlights and builds on the strengths people already have. Seeing yourself communicating well is very empowering and motivating and an understanding of communication can then be taken and applied to any interaction.

How to request VIG: Speak to your health visitor or allocated worker about a request for VIG through the Early Help Hub www.cornwall.gov.uk/earlyhelphub

New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3)
This is a Virtual course delivered on Microsoft Teams. [Read more](#)
2 hours

Understanding your child (ages 1 - 3) Bodmin Family Hub
This is a Face-to-Face course delivered over Zoom. [Read more](#)
2 hours

Understanding your child (ages 1 - 3) Troon Family Hub
This is a Face-to-Face course delivered over Zoom. [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub
This is a Face-to-Face course delivered over Zoom. [Read more](#)

Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit www.cornwall.gov.uk/parenting

Contact us

Email: parenting@cornwall.gov.uk

Call: **01872 324323**

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: **0300 1234 100**



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