

SureStart

Locality 6



Parenting Courses Spring 2018



You are invited to a free 3 week antenatal programme...

Bump
to Baby

...from April 2017

This fantastic 3 week course at your local Children's Centre provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby.

Delivered by Midwives, Health Visitors & Early Help staff.

THE TOPICS INCLUDE

- o You and your growing baby
- o Birth and beyond
- o Feeding and caring for your baby

For more information or to book a place please contact your local Children's Centre



Bump to Baby Course Dates

Callington Children's Centre

Monday 8th Jan—22nd Jan 2018 1.30pm-4.00pm

Monday 5th Mar—19th Mar 2018 1.30pm-4.00pm

Callington 01579 389647

Liskeard Children's Centre

Thursday 11th Jan—25th Jan 2018 1.30pm-4.00pm

Thursday 1st Mar—15th Mar 2018 1.30pm-4.00pm

Liskeard 01579 349157

Looe Children's Centre

Tuesday 6th Feb—20th Feb 2018 1.30pm-4.00pm

Tuesday 10th Apr—24th Apr 2018 1.30pm-4.00pm

Looe 01503 265611

Torpoint Children's Centre

Tuesday 16th Jan—30th Jan 2018 1.30pm-4.00pm

Tuesday 13th Mar—27th Mar 2018 1.30pm-4.00pm

Torpoint 01752 816569

Saltash Children's Centre

Tuesday 9th Jan—23rd Jan 2018 1.30pm-4.00pm

Tuesday 6th Mar—20th Mar 2018 1.30pm-4.00pm

Saltash 01752 847419

For more information or to book a place please contact your local Children's Centre

**Free
course**

Incredible Years Parenting Programme

Do you need support and advice on
managing children's behaviour?

We have a 3-6 years course
available starting January 2018

Sessions include:

- Difficult behaviour
- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards



Incredible Years 3-6 at Saltash Children's Centre on a Tuesday
9.30-11.30am. Beginning 09/01/2018, breaking for half term
13/02/2018 and finishing 27/03/2018. It will be facilitated by Kim
Rout and Angie Mitchell who are Family Workers within the
Early Help Hub.

To book a place visit: www.cornwall.gov.uk/earlyhelphub
and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult
Education Lead:

01752 847419, bennclarke@cornwall.gov.uk

**Free
course**

Incredible Years Parenting Programme

Do you need support and advice on managing children's behaviour?

We have a 6-12 course starting January 2018 in Liskeard

Sessions include:

- Difficult behaviour
- Promoting self esteem
- Developing routines
- Play
- Positive parenting
- Praise and rewards



Incredible Years 6-12 at Liskeard Children's Centre on a Monday 09.30-11.30am. Beginning 08/01/2018, breaking for half term 12/02/2018 and finishing 26/03/2018. It will be facilitated by Ann Julian who is a Family Worker and Yvonne Burgess who is a Children's Centre Worker.

To book a place visit: www.cornwall.gov.uk/earlyhelphub and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419, bennclarke@cornwall.gov.uk

Time Out

Time out for ASD (Autistic Spectrum Disorder)

**Free
course**

Need some friendly advice but don't know who to ask?

We are running a 6 week course for parents/carers and families with children aged 5-12 years who may need further knowledge about this condition. It will take place at **Saltash Children's Centre** on a **Thursday 09.30am-1.30pm. Starting 22/02/2018 to 29/03/2018, (not half term on 15/02/2018)**.. It will be facilitated by Mary Carroll and Karen Batchelor who are Family Workers with the Early Help Team. There will also be one-off additional evening session on **Wednesday 21/03/2018 from 6.30-8.30pm.**

The course covers:

- Increased understanding
- How ASD affects the individual
- Practical suggestions to try at home
- Support and advice
- Includes rewards, routines and rules that work and much more!

To book a place visit:

www.cornwall.gov.uk/earlyhelpclub
and follow Parenting Support link.

For further details contact: Benn
Clarke, Parenting and Adult
Education Lead:

01752 847419,
bennclarke@cornwall.gov.uk



Take 3

Support for parents and carers of challenging teenagers

An informal and friendly course, run over 10 sessions

Whether you have current worries about your teenager or would just like to understand your child better, this course will have something for you.

The course covers:

- Putting in rules and boundaries that work
- Encouraging and supporting young people
- Helping parents look after themselves

Free
course

For mums, dads
grandparents
and carers of
teenagers



Living with Parents – 1 day workshop

This fun one day workshop gives parents and their teenagers the opportunity to spend a day together completing structured activities that will benefit communication and mutual understanding.

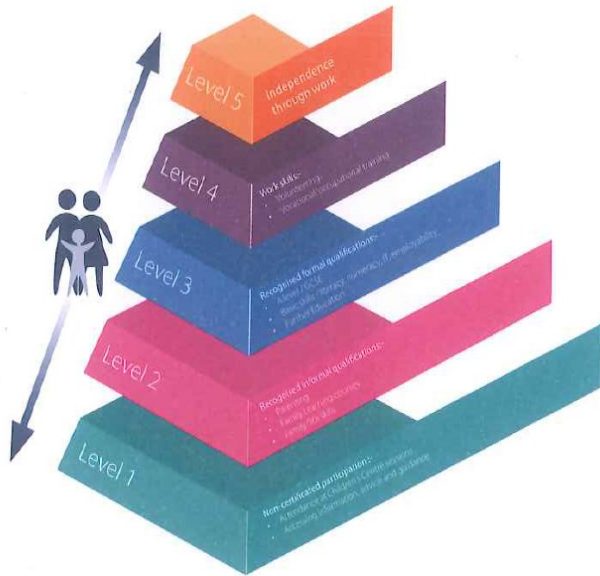
Venue: Saltash Children's Centre, Saltash
Take 3 is held on Thursdays 6.30-8.30pm from 11/01/2018 - 22/03/2018 (not on 15/02/2018 as half term). It will be facilitated by Lucy Hickman and Susan Wafer who are Targeted Youth Workers.

Living with Parents is a 1 day workshop being held on Friday 23/03/2018 9.30am-2.30pm at Saltash Children's Centre, Saltash.

To book a place visit:
www.cornwall.gov.uk/earlyhelphub and follow Parenting Support link.

For further details contact: Benn Clarke, Parenting and Adult Education Lead:

01752 847419, bennclarke@cornwall.gov.uk



These courses can help you achieve
Level 2
in
The Passport to Independence