

ADVANCED PARENTING GROUPS

ISSUE NO .1 | JULY 2022

Welcome to the first of our quarterly newsletters where we will aim to keep all our partners and Early Help colleagues up to date with all the latest from the parenting team, including a timetable of upcoming groups, spotlight on one of our programmes, and some examples of feedback from parents and group facilitators.

You will also find training updates and useful information on making referrals.

THE PARENTING TEAM

Emma Pattinson
Parenting Lead

Graham Pascoe
Parenting Co-ordinator and
Schools Link

Lauren Nurse
Parenting and Early Help
Business Support

FEATURED GROUP – MELLOW DADS

NEXT GROUP: SEPTEMBER 2022



MELLOW DADS is a 14 week group designed to support and build dads confidence in parenting and make positive changes in their relationship with their children.

Mellow dads aims to:

- Improve the attachment relationship between dads and their children and in turn improve outcomes for both
- Empower dads and increase confidence and self esteem
- Increase dad/child bonding with shared lunchtime and lunchtime activity
- Show family interaction through video footage
- Provide activities to practice new skills such as have a go homework
- Provide structured parenting workshops

MELLOW PROGRAMMES

PARTICULARLY SEEK TO REACH:

- Families who have additional support needs
- Families who mainstream services might find difficult to engage with.
- Families who have parent-child relationship problems
- Families who have additional needs such as mental health issues, substance abuse, social care involvement, child protection or disability parents who experience depression, stress and anxiety
- Parents who have a learning disability or parents who have low levels of literacy
- Care experienced young people

To refer to Mellow Dads, please complete a Request for Support Form and return to the Children's Front Door: childrens.frontdoor@n-somerset.gov.uk

PARENTS FEEDBACK

"This course has made such a difference to our household; it is a lot calmer and a lot happier"
IY

"My daughter has not self harmed for 40 days! I never thought things would change this much"
PPAP

"Doing this group has taught me how to react calmly, how to change attitudes, how to turn situations around. I've really learnt some different things"
NVR

"My child is now getting to school and has managed to go to all of his mock exams. He has also joined in with football over the half term!"
PPAP

"The most helpful part of the course was learning to understand my child and listening to others"
IY

FACILITATOR FEEDBACK

"I love Wednesdays, running group is the highlight of my week"
Mellow Mums

REFERRALS NOW BEING ACCEPTED FOR SEPTEMBER 2022

- × Incredible Years 3-6 yrs
- × Incredible Years 6-11 yrs
- × Incredible Years Autism & Speech Delay 2-7 years *new*
- × Non Violent Resistance 9-18 yrs
- × Parent Plus Adolescent Programme 11-18yrs
- × Working Things Out 11-17yrs – direct work with yp
- × Mellow Dads 0-5yrs
- × Mellow Mums (online) 0-5yrs
- × Dart 7-14yrs

To refer a family for an advanced parenting group, please complete a Request for Support Form and return to the Children's Front Door Email: childrens.frontdoor@n-somerset.gov.uk or Tel: 01275 888 80

To learn more about the programmes we offer please email; emma.pattinson@n-somerset.gov.uk

UPCOMING TRAINING

PLEASE BOOK THROUGH NORTH SOMERSET CPD

- × Working things Out Programme
- × Parenting When Separated Programme