

# *Positive Parenting What's On Guide Spring 2019*

Being a parent is amazing but at times we all need practical help and advice. Our Parenting Team delivers Triple P and Incredible Years programmes across Sheffield. These are tried and tested programmes based on international research into what works for families and children!

This booklet will provide information about the different services we can offer and how to book a place to attend.



We all have busy lives and one size doesn't fit all so we have a range of options to suit every parent. Just a few small changes can make a big difference! These are the different services that we offer:

Triple P Seminars	This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.	To book a place on a seminar please use Eventbrite by following this link – <a href="https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258">https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258</a>
Triple P Discussion Groups	<p>The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.</p> <p>This is for you if you'd like a small discussion group session that looks at specific issues with some tailored advice and ideas to take away.</p>	<p>Booking for Discussion Groups is essential. To book on to a place please call the team on 0114 2057243 or email <a href="mailto:sheffieldparenting@sheffield.gov.uk">sheffieldparenting@sheffield.gov.uk</a></p>
Group Parenting Programme	A group Parenting Programme is for you if you are looking at the Discussion Group topics and think that 3 or more would be useful. Our Group programmes cover the full range of parenting strategies over 9 – 15 weeks depending on the programme.	<p>Booking or referral to a programme is essential. Please contact us to discuss it in more detail on 0114 2057243 or email <a href="mailto:sheffieldparenting@sheffield.gov.uk">sheffieldparenting@sheffield.gov.uk</a></p>

Below are the details of What's On this term. If you would like any additional information, please don't hesitate to contact the team on 0114 2057243 or [sheffieldparenting@sheffield.gov.uk](mailto:sheffieldparenting@sheffield.gov.uk)

## Seminars

To book on a seminar, please use Eventbrite by following this link and selecting the correct session

<https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Seminars	Date	Time	Venue
<b>0-12 - Positive Parenting</b>  This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are: <ul style="list-style-type: none"> <li>• Ensuring a safe engaging environment.</li> <li>• Creating a positive learning environment.</li> <li>• Using assertive discipline.</li> <li>• Having reasonable expectations.</li> <li>• Looking after yourself as a parent.</li> </ul>	Thursday 14 <sup>th</sup> February 2019	10am-12.00pm	St Mary's Church and Conference Centre,
	Saturday 16 <sup>th</sup> March 2019	10.30am – 11.15am	Town Hall, Pinstone Street, S1 2HH
	Saturday 1 <sup>st</sup> June 2019	10.30am – 11.15am	Town Hall, Pinstone Street, S1 2HH
<b>0-12 - Raising Confident and Competent Children</b>  In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are: <ul style="list-style-type: none"> <li>• Showing respect to others.</li> <li>• Being considerate.</li> <li>• Having good communication and social skills.</li> <li>• Having healthy self-esteem.</li> <li>• Being a good problem solver.</li> <li>• Becoming independent.</li> </ul>	Monday 11 <sup>th</sup> March 2019	5.00pm-6.30pm	Sharrow Old Junior School, South View Road, S7 1DB
<b>0-12 - Raising Resilient Children</b>  Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are: <ul style="list-style-type: none"> <li>• Recognising and accepting feelings.</li> <li>• Expressing feelings appropriately.</li> <li>• Building a positive outlook.</li> <li>• Developing coping skills.</li> <li>• Dealing with negative feelings.</li> <li>• Dealing with stressful life events.</li> </ul>	Monday 21 <sup>st</sup> January 2019	5.30pm – 7.15pm	Wharnccliffe Side Primary School, Brightholmlee Ln, Wharnccliffe Side, Sheffield S35 0DD
	Tuesday 22 <sup>nd</sup> January 2019	5.30pm – 7.15pm	Totley Primary School, Sunnyvale Road, S17 4FB

<p><b>Teen – Raising Responsible Teenagers</b></p> <p>Practitioners introduce parents to the six key elements of teenager’s becoming responsible and specific ideas about how to teach and encourage each of the following skills:</p> <ul style="list-style-type: none"> <li>• Taking part in family decision-making.</li> <li>• Being respectful and considerate.</li> <li>• Getting involved in family activities.</li> <li>• Developing a healthy lifestyle.</li> <li>• Being reliable.</li> <li>• Being assertive.</li> </ul>	<p>Saturday 9<sup>th</sup> February 2019</p>	<p>10.30am – 11.15am</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
	<p>Saturday 6<sup>th</sup> July 2019</p>	<p>10.30am – 11.15am</p>	<p>Town Hall, Pinstone Street, S1 2HH</p>
<p><b>Teen – Raising Competent Teenagers</b></p> <p>Practitioners introduce parents to six aspects of teenagers becoming confident and successful in school and the community. Parents are given specific ideas to teach and encourage the following:</p> <ul style="list-style-type: none"> <li>• Developing self-discipline.</li> <li>• Establishing good routines.</li> <li>• Getting involved in school activities.</li> <li>• Being a good problem solver.</li> <li>• Following school rules.</li> <li>• Having supportive friends.</li> </ul>	<p>Additional seminars to be arranged</p>		
<p><b>Teen - Getting Teenagers Connected</b></p> <p>Practitioners introduce parents to different aspects of teaching their teenagers to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community. Parents are given specific ideas about teaching their teenagers the following skills:</p> <ul style="list-style-type: none"> <li>• Being confident.</li> <li>• Being socially skilled.</li> <li>• Planning ahead.</li> <li>• Meeting commitments.</li> <li>• Keeping in contact.</li> <li>• Taking care of others.</li> </ul>	<p>Tuesday 9<sup>th</sup> July 2019</p>	<p>5.30pm – 7.00pm</p>	<p>Sharrow Old Junior School, South View Road, S7 1DB</p>

## Discussion Groups

To book on a Discussion Group please contact the team on 0114 2057243.

Discussion Groups	Date	Time	Venue
<b>0-12 - Dealing with Disobedience</b>  This discussion group covers why some children have difficulty learning to follow instructions. The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.	Wednesday 23 <sup>rd</sup> January 2019	9.15am-11.30am	Meynell Primary School, Meynell Rd, Sheffield S5 8GN
	Monday 25 <sup>th</sup> February 2019	12.00pm – 2.15pm	Shortbrook Primary School, Westfield Northway, Sheffield, S20 8FB
	Thursday 28 <sup>th</sup> March 2019	10.00am – 12.15pm	Burngreave Family Centre, 19 Spital Street, S3 9LB
<b>0-12 - Managing Fighting and Aggression</b>  In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.	Monday 14 <sup>th</sup> January 2019	10.00am – 12.15pm	Town Hall, Pinstone Street, S1 2HH
	Friday 15 <sup>th</sup> March 2019	10.00am-12.15pm	First Start Family Centre, 441 Firth Park Road, S5 6HH
	Tuesday 14 <sup>th</sup> May 2019	5.30pm – 7.30pm	Sharrow Old Junior School, South View Road, S7 1DB
	Wednesday 15 <sup>th</sup> May 2019	10.00am – 12.15pm	Lowedges Community Centre, Gresley Road, S8 7HL
<b>0-12 - Developing Good Bedtime Routine</b>  This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.	Tuesday 15 <sup>th</sup> January 2019	9.30am – 11.45am	First Start Family Centre, 441 Firth Park Road, S5 6HH
	Thursday 25 <sup>th</sup> April 2019	5.30pm-7.30pm	Wharncliffe Side Primary School, Bightholmlee Ln, Wharncliffe Side, Sheffield S35 0DD
	Wednesday 1 <sup>st</sup> May 2019	10.00am – 12.15pm	Arbourthorne Social Centre, 550 East Bank Road, S2 2AL
	Monday 3 <sup>rd</sup> June 2019	5.30pm-7.30pm	Town Hall, Pinstone Street, S1 2HH

<p><b>0-12 – Hassle-Free Outings with Children</b></p> <p>This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.</p>	Tuesday 15 <sup>th</sup> January 2019	1.00pm – 3.15pm	Sharrow Family Centre, Highfield Library, London Road, S2 4NF
	Friday 8 <sup>th</sup> February 2019	12.30pm – 2.45pm	Valley Park Family Centre, Norton Avenue, S14 1SL
	Monday 11 <sup>th</sup> February 2019	9.30am – 11.45am	Stocksbridge Family Centre, 648 Manchester Road, Stocksbridge, S36 1DY
	Monday 15 <sup>th</sup> April 2019	10.00am – 12.15pm	Meadows Family Centre, 349 Shirecliffe Road, S5 8XJ
<p><b>Teen – Getting Teenagers to Cooperate</b></p> <p>During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be more cooperative.</p>	Friday 25 <sup>th</sup> January 2019	10.00am – 12.15pm	Burngreave Family Centre, 19 Spital Street, S3 9LB
	Wednesday 13 <sup>th</sup> February 2019	9.30am – 11.30am	Meadows Family Centre, 349 Shirecliffe Road, S5 8XJ
	Tuesday 23 <sup>rd</sup> April 2019	9.45am – 12.00pm	Valley park Family Centre, Norton Avenue, S14 1SL
<p><b>Teen – Coping with Teenagers’ emotions</b></p> <p>In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.</p>	Thursday 7 <sup>th</sup> March 2019	5.30pm – 7.30pm	Sharrow Old Junior School, South View Road, S7 1DB
	Wednesday 8 <sup>th</sup> May 2019	12.00pm – 2.15pm	First Start Family Centre, 441 Firth Park Road, S5 6HH
<p><b>Teen – Building Teenagers’ Survival Skills</b></p> <p>This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for a situation which may potentially put their health or wellbeing at risk.</p>	Thursday 21 <sup>st</sup> March 2019	12.00pm – 2.15pm	Arbourthorne Social Centre, 550 East Bank Road, S2 2AL
	Tuesday 2 <sup>nd</sup> April 2019	5.30pm – 7.30pm	Town Hall, Pinstone Street, S1 2HH

<b>Teen – Reducing Family Conflict</b> During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.	Tuesday 21 <sup>st</sup> May 2019	10.00am – 12.15pm	Shortbrook Primary School, Westfield Northway, S20 8FB
	Friday 14 <sup>th</sup> June 2019	10.00am – 12.15pm	Burngreave Family Centre, 19 Spital Street, S3 9LB

## Community Language Discussion Groups

We are offering a selection of discussion groups delivered in different languages. These are the same groups as above but will be in the following languages with an interpreter:

Discussion Groups	Date	Time	Venue
<b>Somalian – Coping with Teenagers’ Emotions</b>	Monday 28 <sup>th</sup> January 2019	10.00am- 12.00pm	Sorby House, Spital Hill, S4 7LG
<b>Somalian – Building Teenagers’ Survival Skills</b>	Monday 4 <sup>th</sup> February 2019	10.00am- 12.00pm	Sorby House, Spital Hill, S4 7LG
<b>Somalian – Reducing Family Conflict</b>	Monday 11 <sup>th</sup> February 2019	10.00am- 12.00pm	Sorby House, Spital Hill, S4 7LG

## Group Parenting Programmes

Booking for a programme is essential and may require a referral from a professional agency depending on your family circumstances. Please contact us to discuss this with one of our Parenting Specialists on 0114 2057243.

Programmes	Start Date	Time	Venue
<p><b>Incredible Baby</b></p> <p>The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s</p> <p>Duration: 10 weeks</p>	Tuesday 15 <sup>th</sup> January 2019	1.00pm – 3.00pm	Valley Park Family Centre, Norton Avenue, S14 1SL
	Monday 28 <sup>th</sup> January 2019	10.00am – 12.00pm	Shortbrook Family Centre, Westfield Northway, S20 8FB
	Thursday 14 <sup>th</sup> February 2019	1.00pm – 3.00pm	First Start Family Centre, 441 Firth Park Road, S5 6HH
	Tuesday 30 <sup>th</sup> April 2019	1.00pm – 3.00pm	Burngreave Family Centre, 19 Spital Street, S3 9LB
	Monday 13 <sup>th</sup> May 2019	1.00pm – 3.00pm	Wybourn Family Centre, 224 Manor Oaks Road, S2 5EE
	Wednesday 15 <sup>th</sup> May 2019	1.00pm – 3.00pm	Sharrow Family Centre, Highfield Library, London Road, S2 4NF
<p><b>Incredible Years Toddler</b></p> <p>It deals with the kinds of issues that can make family life stressful. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.</p> <p>Duration: 12 weeks</p>	Tuesday 15 <sup>th</sup> January 2019	1.00pm – 3.00pm	Burngreave Family Centre, 19 Spital Street, S3 9LB
	Tuesday 7 <sup>th</sup> May 2019	1.00pm – 3.00pm	Valley park Family Centre, Norton Avenue, S14 1SL
<p><b>0-12 Triple P</b></p> <p>Generic universal parenting programme for parents of children 0-12. The programme promotes positive</p>	Monday 21 <sup>st</sup> January 2019	9.30am – 11.45am	Morrisons Hillsborough Community Room, 699 Penistone Road, S6 2GY



parenting strategies, coping and self-care skills.  Duration: 10 weeks	Tuesday 22 <sup>nd</sup> January 2019	9.45am – 12.00pm	Town Hall, Pinstone Street, S1 2HH
	Tuesday 26 <sup>th</sup> February 2019	9.30am – 12.45pm	Darnall Family Centre, 563 Staniforth Road, S9 4RA
	Wednesday 27 <sup>th</sup> February 2019	5.30pm – 7.45pm	Town Hall, Pinstone Street, S12 2HH
<b>Stepping Stones</b>  This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting  Duration 10-12 weeks	Wednesday 9 <sup>th</sup> January 2019	12.15pm – 2.45pm	Primrose Family Centre, 45 Creswick Street, S6 2TN
	Thursday 10 <sup>th</sup> January 2019	10.00am – 12.30pm	Meadows Family Centre, 349 Shirecliffe Road, S5 8XJ
	Friday 11 <sup>th</sup> January 2019	9.30am- 12.00pm	Darnall Family Centre, 563 Staniforth Road, S9 4RA
	Friday 3 <sup>rd</sup> May 2019	9.30am- 12.00pm	Valley Park Family Centre, Norton Avenue, S14 1SL
<b>Incredible Years 2-8</b>  The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour.  Duration: 15 weeks	Tuesday 5 <sup>th</sup> March 2019	12.30pm – 2.30pm	Southern Light Community Church, Tannery Street, S13 7LA
	Thursday 21 <sup>st</sup> March 2019	9.45am – 11.45am	Valley Park Family Centre, Norton Avenue, S14 1SL
	Wednesday 27 <sup>th</sup> March 2019	12.30pm – 2.30pm	Primrose Family Centre, 45 Creswick Street, S6 2TN
<b>Teen Triple P</b>  Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.  Duration: 8 - 10 weeks	Tuesday 8 <sup>th</sup> January 2019	10.00am – 12.15pm	Sharrow OJS, South View Road, S11 8AL
	Wednesday 16 <sup>th</sup> January 2019	10.00am – 12.15pm	Arbourthorne Community Centre, 550 East Bank Road, S2 2AL
	Thursday 24 <sup>th</sup> January 2019	9.45am – 12.00pm	Sorby House, 42 Spital Street, S4 7LG