

In Tameside Every Parent Matters

routines • playing • homework • babies • toddlers • teenagers • wellbeings • social friendships • behaviour • family • talking • relationships • healthy • eating • routines •



Introduction

We have created this leaflet to give you a quick guide to parenting courses that are available across Tameside. There are a variety of fun and enjoyable courses to choose from all designed to develop your skills, understanding and confidence. Most of the courses are group based. This means you will have the opportunity to meet other parents and carers, and can learn from one another as well as from the information you will get from the course itself. In this leaflet each page focuses on one course giving you information about:

- **What the course is**
- **What you will learn**
- **How long the course is**

To find out when the next courses are happening in your area:

- **Telephone:** Families Information Service (FIS) on 0161 342 5434
- **Visit:** Service Information Directory (SID) www.tameside-sid.org.uk
- **E-mail:** childrensinfo@tameside.gov.uk



To find out when the next course is happening in your area call FIS on 0161 342 5434



Parent Panel

Are you interested in having your say on services for children and young people? Would you like to join the Parent Panel in Tameside so that your opinions and views are counted? For more information on how to join, **Contact the Families Information Service on 0161 342 5434**

Adult Family Learning

The Adult & Family Learning team provide courses for parents, which help them support their child at school or improve their own skills. Various courses are delivered at Children's Centres, schools and other community venues throughout Tameside.

You can contact Adult & Family Learning on: 0161 343 8899

Or look on the Tameside website: www.tameside.gov.uk

Parentline Plus

A national organisation that provides support for parents on a wide variety of issues for parents and carers with children of all ages

You can contact Parentline plus on their free 24 hour confidential telephone helpline on: 0808 800 2222 or text phone: 0800 783 6783, (Mon - Fri 9-5)

You can also visit www.parentlineplus.org.uk and for parents with teenagers www.gotateenager.org.uk



To find out when the next course is happening in your area call FIS on 0161 342 5434

Further parenting support and information

Families Information Service (FIS) and Service Information Directory (SID)

Offer comprehensive, impartial information and advice on a wide range of issues that affect families including:



- Parenting and family support including the latest parenting courses
- Local leisure activities, clubs and groups
- Education; including support with the admissions process
- Finding and arranging quality childcare or nursery education
- Health and well-being
- Money matters, grants and benefits
- Support if you are thinking of working in childcare, becoming a childminder or setting up a childcare business

Contact FIS on:

Telephone: 0161 342 5434

E-mail: childrensinfo@tameside.gov.uk

If you would like to speak to somebody in person get in touch and we can arrange an appointment to meet at your local Children's Centre, School or home if you prefer.

Website: www.tameside-sid.org.uk The Service Information Directory (SID) contains a wide range of information on local and national organisations that support families, young people and professionals. You will find details of how to contact and access services as well as the latest leisure activities and events taking place in Tameside

Tameside Libraries

A collection of parenting books and resources are available at your local library

To find out where your local library is, contact FIS on: 0161 342 5434

Or look on the Tameside website: www.tameside.gov.uk

Incredible Years: Webster Stratton

What is it?

A programme for parents with children aged 2 – 8 years that will give you the opportunity to learn about different ways to play and interact with your children, and the importance of creating a healthy parent-child relationship. Through the skills you develop on this programme you will reduce aggressive behavior of your child, increase their social and emotional skills and help them achieve in school.

What will I learn?

You will learn about child directed play, the effective use of praise, positive reinforcement, reward and limit setting, promoting positive and nurturing parenting techniques. Within this you will consider the involvement and influence others will have on your children's growth and development.

How long is the course?

12 sessions at 2 hours per week

Feedback from others who have completed a course in Tameside

"Week 11 already, the programme has been very helpful, many issues have now been addressed and the need for 'time out' really isn't needed anymore! It's been really informative thank you"

"I really enjoy these sessions, learning loads. An inspiration to help understand my children more"

"Learning to play and praise more again! It's easy to forget to do such simple things that actually help the relationship between you and your children"

"Very welcoming and relaxed atmosphere, really friendly, more inclusive than I had imagined. I feel positive and am looking forward to future sessions"

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SFSC

Strengthening Families, Strengthening Communities

What is it?

A course suitable for parents with children aged 3 to 18 years. The course aims to increase your self-esteem, parental confidence and achieve a positive change in your family's relationships. In addition, the course aims to reduce child behavioural difficulties and help you to build your child's self-esteem.

What will I learn?

You will have the opportunity to explore your ethnic/cultural roots and how they have an impact on your values, experiences and hopes for children. You will also consider your role as a parent in your community, recognising that your good parenting needs a suitable environment.

How long is the course?

13 sessions at 2 - 3 hours per week

Feedback from others who have completed a course in Tameside

"The course gave me a lot of confidence in myself. I enjoyed meeting new people. The course has given me lots of ways to solve problems, with my son"

"We have learnt a lot of different techniques to try with our girls. It was really good"

"I am calmer, less stressed and have a different outlook on parenting. I know I am doing a good job!"

"I got lots of information and tools to use as my child grows up"

Triple-P Group Teen

What is it?

A course suitable for parents with children aged 10 – 17 years that aims to support you as a parent to understand how your family works, so you can use the things you already do well to help you to create a stable and supportive family environment, and teach your children the skills they need to get along with others and become independent adults. The course will also give you the opportunity to meet other parents of teenagers and share useful tips and experiences to help you to help your teen.

What will I learn?

You will have the opportunity to learn about how to deal positively and effectively with problem behaviour and encourage behaviour you like, develop realistic goals and expectations for you and your teen and to take care of yourself as a parent.

How long is the course?

The course is eight sessions in total. Sessions 1, 2, 3 and 4 are group sessions, where you will have the opportunity to set personal goals for you and your teen to work toward whilst on the course, and build up your 'tool kit' for dealing positively and effectively with problem behaviour.

Sessions 5, 6, and 7 are 1:1 or telephone support sessions, these sessions give you the opportunity to put your learning into practice with 1:1 support and guidance from one of the course facilitators.

On session 8 the final session, we come back together for the last time as a group, share our experiences and give you the opportunity to ask any more questions before the course is complete.

Feedback from others who have completed a course in Tameside

"Really good, the support was excellent and didn't feel on my own"

"I am building a better relationship with my son, and feel I can also understand where he is coming from sometimes."

Speakeasy

What is it?

A course that is suitable for parents with children of all ages. It will help you to gain the knowledge and confidence you need to talk positively to your children about sex relationships and growing up. Speakeasy also offers you the option to gain accreditation with the Open College Network; a learning certificate you can add to your portfolio of achievement.

What will I learn?

You will learn about the changes for boys and girls at puberty; your role as sex educator for your children; skills in identifying and responding to the needs of your children, including those difficult questions – at any age! You will think about the societal and cultural attitudes towards sex and sexuality as it relates to children (effects from the media for example), the different kinds of contraception, sexually transmitted infections and the protection from these, keeping children safe from harm, sex and relationships education in schools

How long is the course?

8 – 9 weeks at 2 hours per session

Feedback from others who have completed a course in Tameside

“I was surprised how much I didn't know! The course was really informative and I feel more prepared to talk to my children”

“I was a single dad and was embarrassed about going on the course but I learnt a lot and everybody was welcoming”

“It's a very interesting and friendly course, I'm a lot more confident to speak to my children about sex”

“It was great fun. I would recommend this course to any parent who is worried about having the talk “

Positive Parenting

What is it?

A course for parents with children aged 1 - 10 years to help you bring out the best in your child by listening, understanding, praising and encouraging their efforts, and thinking about clear and positive methods of discipline which will benefit them throughout life. It aims to improve your confidence as a parent and to improve family relationships and communication. It can also benefit parents' relationships with other adults!

What will I learn?

You will learn about your child's development and what behaviour is realistic to expect at different ages, improve your understanding of children's emotional needs, positive discipline and how to set and keep to clear boundaries, play, encouragement, and how to improve listening, respect and communication in your family.

How long is the course?

7 - 8 sessions at 2 hours per week

Feedback from others who have completed a course in Tameside

"I wish I'd had this years ago, then I wouldn't have got in this state"

"I don't scream and shout at him anymore. The others in the group really helped me try the new ideas and they do work!"

"I began the course thinking I've been there and got the T shirt, but as the weeks went on I learnt that I had not thought things through properly. Now I feel more in control of my feelings and am more positive about the future"

"It's helped me at work as well as home. I feel more valued and have better adult relationships"

You Make the Difference

What is it?

A packed course to help parents with children aged 0 - 5 years. You will have the opportunity to discover how to use everyday routines such as bath time, meal time and play time to help your child get their learning off to a good start.

What will I learn?

You will learn how to support your child in learning language, literacy and social skills, and how to feel good about themselves through your interactions together. You will discover the '3A Way' – Allowing your child to lead; Adapting to Share the Moment, and, Adding new Experiences. Your learning will be enhanced through the creation of a video diary of you and your child practicing the skills you have learnt within the sessions.

How long is the course?

9 sessions at 2 hours per week including video time

Feedback from others who have completed a course in Tameside

"I can see the pleasure in my child's face when he can see that I understand what he is trying to tell me. I am more tuned in..."

"It has given me the confidence to try new games and activities. It shows you how instead of rushing your daily routines, to stop and talk about what you're doing, to the child"

"I follow my children's interests more and don't feel so daft if I need to be an elephant, giraffe, kangaroo or whatever I need to be"

"We play a lot more now and we do a lot more finding rhyming words. If the children are struggling we change things around so it is more at their level"

Surviving Teenagers!

What is it?

A course to help parents with children aged 10 – 17 years. You will have the opportunity to share your own experiences, and work with other parents who have children at similar stages in their lives, working through the challenges and triumphs your child may face, and how you can support them through this. Parents have benefited whether their concerns are the occasional slammed door, or more serious involvement in crime and other risky behaviours.

What will I learn?

You will build on skills you already have and pick up a few others as well! The course covers physical and emotional changes during puberty, how to build a good relationship with your teenager, respect for each other, discipline and clear boundary setting. You can fit these practical skills to your family in ways that will last, and equip your teenager with the skills they need for adult life.

How long is the course?

7 - 8 sessions at 2 hours per week

Feedback from others who have completed a course in Tameside

“Now I look at myself in a different way – not to blame myself but to look at ways of changing, to talk and listen rather than blowing my top”

“I have learnt so much and have got more support than I have received in all the years of problems with my child”

“...invaluable...although I might not always get it right, I find I get better results more often now, and feel a lot calmer”

“I am hopefully going to carry on with the strategies we have learnt and there will be light at the end of that very long tunnel”

To find out when the next course is happening in your area call
Families Information Service on **0161 342 5434**