**The Early Help Parenting Team courses**

**The Incredible Years School Age Programme (Webster Stratton)**

This 11 week programme is aimed at families with children of primary school age. The course focuses on strengthening parenting competencies (monitoring, positive discipline, confidence) and fostering parents’ involvement in children’s school experiences in order to promote children’s academic, social and emotional competencies and reduce conduct problems. The key principles are spending time together, praise, effective limit setting, ignoring misbehaviour, time out to calm down and consequences.

**The Nurture Programme**

This is a 10 week programme for parents of children any age. The programme promotes emotional health, relationship skills and positive behaviour management strategies. It aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships.

**Strengthening Families Strengthening Communities (SFSC)**

This is a 13 week programme aimed at families with children in the 3-16 range. SFSC focuses on five main areas; a cultural / spiritual component; enhancing relationships; positive discipline; rites of passage and community involvement. There is a strong focus on violent free healthy lifestyles, which includes elements of domestic abuse, child abuse, drug misuse, gang involvement and criminality.

**Parenting Your Teen in Manchester (PYTIM)**

This is an 11 week course for parents of teenagers. PYTIM is a course developed in Manchester based on the principles of the Incredible Years Programme, but adapted specifically for teenagers. The key themes are spending time with your teenager, listening skills, praise, effective limit setting, ignoring misbehaviour and consequences.

**Parents as Partners (PasP)**

This is a 16 week programme for families where there is a child under 11 years. The sessions provide a safe space for couples and co-parents to work out how to move forward if things have been difficult. Over the course of the programme parents work on their relationship and themselves, explore family patterns, improve parenting skills and help their children to succeed. The programme aims to improve the relationship and communication with the child's other parent, strengthen family relationships, improve children’s wellbeing and success, manage the challenges and stress of family life and reduce conflict in the relationship.

**The Early Help Parenting Team criteria**

* Parents of children aged 5-16 (must still be in school when 16, CAPS will take appropriate referrals for parents of children under 5).
* Must be course ready i.e. relatively stable and not chaotic in order for them to have capacity to implement strategies on a daily basis.
* There must be a plan in place (e.g. CP, CIN or EHA) with a named lead professional supporting that plan throughout our intervention. Where a social worker or other professional is closing, they must identify a Lead Professional to support the case.
* Referrals must go through allocations so that there is a clear process.
* Clarity of specific behaviours and how parents are currently managing these is essential. Terms like ‘parenting concerns’ and ‘routines and boundaries’ do not give us a clear enough understanding of whether we are able to offer the most appropriate intervention.

For further information, please contact the Senior Parenting Practitioner in the relevant area on 0161 219 6561:

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