Information for families
November 2020

Cardiff Parenting Services

Flying Start Parenting & Cardiff Parenting 0-18

For families living in Cardiff with children aged 0-18 years of age

To work with us, please contact Cardiff Family Gateway:
Telephone 03000 133 133
ContactFAS@Cardiff.gov.uk
www.cardifffamilies.co.uk

CARDIFF
CAERDYDD

WELCOME TO CARDIFF PARENTING SERVICES

The aim of Cardiff Parenting Services is to work in partnership with families living in Cardiff to improve parenting confidence and skills, strengthen relationships and nurture wellbeing and resilience.

Cardiff Parenting Services are currently able to offer families:

Rhianta Caerdydd
Cardiff Parenting

GroBrain
for expectant parents and parents with children aged 0-12 months

GroBrain Toddler
for parents with children aged 1-3 years

Parents as Partners
for a parenting couple with at least one child aged under 11 years

Parent Nurturing Programme
for parents of children under 12 years

Strengthening Families Programme 10-14
for parents and young people aged 10-14 years

Talking Teens
for parents of pre-teens and teenagers aged 10 years and over

Teen Triple P
for parents of children aged 12-18 years

Enhanced Triple P
For parents experiencing stresses which are making being a parent more difficult. Options include managing stress, coping with emotions and/or communicating better with your partner

Parents Plus & Parents First
1:1 psychology-led bespoke parenting is available for parents with children aged 0-18 years

Flying Start Parenting
For parents/carers of children aged up to 3 years 11 months, living in a Flying Start postcode, there are additional groups available, specific for the early years:

Your Baby is Amazing
Stay & Play
Mini Talkers, Mini Explorers
It's Child's Play
Parents Plus

www.flyingstartcardiff.co.uk

Dechrau'n Deg
Flying Start

To work with us, please call
Cardiff Family Gateway on **03000 133 133**

YOUR QUESTIONS ANSWERED

Cardiff Parenting 0-18 and Flying Start Parenting are both part of Cardiff Parenting Services. Being a parent can bring joy and happiness as well as challenges, at times. The aim of Cardiff Parenting Services is to work in partnership with families living in Cardiff to improve parenting confidence and skills, strengthen relationships and nurture wellbeing and resilience.

Through parenting positively and building meaningful relationships, parents can help raise healthy children, develop a more calm and peaceful household, with fewer arguments and conflicts. Research tells us that children who grow up with positive parenting are more likely to:

- Do better at school
- Have better relationships with family members and friends
- Have higher self-esteem and confidence
- Have fewer behavioural issues
- Be able to manage their emotions better

"Who is it for?"

Cardiff Parenting 0-18 is for any family expecting a baby, or with a child or young person aged 0-18 living in Cardiff. You could be a parent, a step-parent, a carer or a family member looking after a child. The adult or the child must live in Cardiff and may or may not have other, additional needs. As a service we are not qualified to make any medical diagnoses, and we do not form part of any diagnostic pathways.

"What if I live in a Flying Start area?"

For parents/carers of children aged up to 3 years 11 months, living in a Flying Start postcode, there are additional services available, as described in this booklet. Up-to-date times and locations of groups are available on the Flying Start website (www.flyingstartcardiff.co.uk) and Facebook page, as well as a Flying Start postcode checker. Flying Start Health Visitors, parents and other professionals can refer directly to Flying Start Parenting colleagues. If you live in a Flying Start area and have older children whose needs you would like to discuss, please contact Cardiff Family Gateway on 03000 133 133.

"How much does it cost?"

Services described in this booklet are fully funded. There is no additional cost to parents or carers.

"Where will I have to go and when?"

Cardiff Parenting Services will work with your family individually or in a group with other families. Some programmes can work with you individually in your home or in a local meeting place. Groups are run across Cardiff in venues such as schools and hubs. Our team work to ensure these are inviting and welcoming environments, which are accessible to all. Our team are happy to work in schools and community venues in your area. Groups usually run during term-time. If you have any concerns about being able to access a venue, please talk to Cardiff Parenting Services. We are happy to make adjustments to meet your access needs.

"Who will be there?"

All our group programmes are led by members of Cardiff Parenting Services who are fully trained in all the programmes we deliver and experienced in working with parents, children and young people. Within groups there will be other parents/carers. If our team are working with you individually in your home or in a community setting, you will be working with one or two members of our team.

"Are there crèche/play facilities for my younger children?"

Wherever possible, we provide an on-site crèche for children under the age of 8. These are staffed by qualified staff and are also fully funded (no cost to you). Please make sure you contact us in advance to reserve your place. If you have a baby attending the crèche and you would like to breastfeed during the group, we can support you.

"Are there refreshments?"

Yes, we provide drinks & healthy snacks.

"How will I know which programme is for me?"

This booklet introduces the programmes that Cardiff Parenting Services currently offer, for all families in Cardiff who may, or may not have other, additional needs. We can talk with you on the telephone or in person before making a joint decision with you, to agree what programme is right for you. Please let us know if you'd prefer a daytime or evening group. It may be that the needs of your family change over time and that Cardiff Parenting 0-18 can work with you at different points in your family life.

GroBrain

What is GroBrain?

- GroBrain is a group for expectant parents or parents with an infant up to 12 months
- GroBrain explores bonding, emotions experienced by parents and baby, and brain development.

Why is parenting so important in the early years?

- Vital foundations for lifelong health and wellbeing are being laid in your baby's brain from conception to the age of 2.
- Experiences and relationships during these first 1001 critical days of life interact with our genes and affect the way the brain develops (*Gerhardt 2015; Schore 2003*)

Over the 5 weeks you will look at topics including:

- How the brain is 'wired up' by early experiences and relationships.
- The impact of stress on a baby's brain.
- How to 'tune in' to your baby's cues and signals, and practice ways to soothe a baby.
- How to manage your baby's emotions.
- How to bond with your baby.
- Baby massage.
- Looking at how diet and lifestyle choices during pregnancy connect with baby's brain development.

Practical Information

- There are 5 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you attend all five sessions to get the most of the programme.
- You are welcome to come to sessions on your own or with a partner or another relative who supports you in your care and the care of your child.
- The programme is delivered in an informal style with a group of approximately 10 parents.
- All groups provide a crèche run by qualified staff, or you are welcome to attend with your baby. You are welcome to feed your baby during the sessions.
- GroBrain is available from Flying Start and Cardiff Parenting 0-18.

GroBrain Toddler

What is GroBrain Toddler?

- GroBrain Toddler is a course for Mums, Dads, Partners and Carers of infants aged 1-3 years.
- Being a parent of a toddler can be a tricky time, as our little ones become more independent. The course is designed to help parents and carers to understand their toddler and learn why it's so hard being a toddler!
- GroBrain Toddler explores attachment, brain development and a focus on the vital role parents and carers play in 'wiring up' their toddlers' brain. It also explorers the importance of laying the strong foundations for emotional wellbeing that will support the toddler later on in life.
- There are five sessions, each session is delivered using activities, discussions, quizzes and time to chat to other parents and carers. The course looks at how you can answer your toddler's three big questions: *Am I lovable? Is anyone there for me when I need them? Is anyone interested in what I have to say?*

Over the five weeks, you will learn about:

- **Toddler brain development** – understanding more about what is happening in your toddler's brain. How can you 'wire up' your toddler's brain, helping them to feel lovable.
- **Attachment and emotional development** – understanding how to respond to your toddler, thinking about attachment and emotions, helping your toddler to learn about feelings and creating strong wiring for future handling of emotions.
- **Helping toddlers manage their behaviour** – exploring the link between emotions and behaviour, and helping toddlers to manage their emotions in a healthy way. Also exploring how being curious can help you to understand why your toddler is behaving in a particular way.
- **Understanding more about toddler behaviour** - learning to manage **BIG** emotions from your toddler, learning strategies that are good for long-term emotional health, looking at what is normal behaviour and exploring your toddler's temperament.
- **Communication, play and school readiness** – looking at the five areas of development, focusing on talking and readiness to play with other toddlers.

Practical Information

- The course is delivered over five weeks, with each session being around 1 ½ - 2 hours. This is an informal group for parents.
- The course is delivered by qualified facilitators, using discussions and activities to explore each topic.
- You are welcome to come to sessions on your own or with a partner or another relative who supports you with your care or the care of your child.
- You will given a booklet and other materials to support your learning during the five weeks.
- All groups provide a crèche run by qualified staff.
- GroBrain Toddler is available from Cardiff Flying Start and Cardiff Parenting 0-18.

FAMILY LINKS

The Centre for Emotional Health

PARENT NURTURING PROGRAMME

What is the Parent Nurturing programme?

Parent Nurturing Programme from Family Links believes that children are rewarding, stimulating and fun although looking after them can be stressful and challenging. The Parent Nurturing Programme helps deal with these challenges so that you can have a calmer, happier family life. The Parent Nurturing Programme 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 gives children and adults an emotionally healthy start for their lives, which contributes to learning.

Over the 10 week course you will look at topics including:

- Understanding why children behave the way they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- The importance of looking after and nurturing ourselves

Practical Information

- There are 10 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you come to all ten sessions as the programme fits together like a puzzle.
- You are welcome to come to the sessions on your own or with a partner or another relative who supports you in the care of your child.
- The programme is delivered in an informal style with a group of approximately 12 parents.
- The programme is best-suited to parents with toddlers, nursery and primary aged-children.
- The programme is available from Flying Start and Cardiff Parenting 0-18 and we provide a crèche run by qualified staff.

FLYING START PARENT GROUPS

Your Baby is Amazing

What is Your Baby is Amazing?

A small, intimate group run over 4 weeks for parents/carers and their baby - A wonderful opportunity to find out how amazing your baby really is!
Over the 4-weeks, you and your baby will explore the following topics:

- Hello baby
- Face-to-Face tuning into your baby
- Come and play with me
- Sing me a song/tell me a story

Practical information:

- For parents/carer and child to attend together
- There are 4 x 1 hour sessions, and parents are invited to join all four sessions with their baby.
- You are welcome to bring another parent or carer with you.
- The group is for young babies who are not yet walking, as there are many tummy time activities.
- For busy toddlers we have fun packed Mini Talkers, Mini Explorers sessions and Stay and Play.

Mini Talkers, Mini Explorers (Language & Play)

What is Mini Talkers, Mini Explorers?

6 weeks of fun packed sessions for parents/carers with toddlers up to the age of four. The programme is designed to give you top tips to support your child's development through hands-on, fun, sensory activities that you share together. Over the 6 weeks, you and your child will discover:

- Different types of play that involve the 5 senses.
- The importance of songs and rhymes
- The importance of books and stories
- Routines can be fun
- Physical Play
- Importance of talking to your child

Practical information:

- For parents/carer and child to attend together
- There are 6 x 1 hour sessions and parents are invited to join all six sessions with their child.
- You are welcome to bring another parent or carer with you.
- Parents/carers participating in this group can complete an AGORED accreditation at Level one and Entry Level 3.

Stay & Play

What is Stay & Play?

Stay & Play sessions are a chance for parents/carers get together and spend time playing with your children. It can be wonderful playing together in your own home, and Stay & Play can add to that by offering you a place to come together where you don't have to worry about tidying up afterwards. Parents can enjoy playing too!

Play allows children to use their creativity while developing their imagination and supports all areas of development; it is how children at a very early age make sense of the world around them. Share your little ones experiences by enjoying quality activities with them that encourage exploration through the senses.

Stay & Play happens in local community venues, where our team will set up exciting play opportunities for you to explore together with your child. It can give you a chance to meet our team, keep you up to date with important community messages and support you to access other family services.

Practical information:

- For parents/carer and child to attend together
- Stay & Play is for children under 4 although we understand that it can be daunting to bring a little baby along when there are toddlers and children exploring so we also offer Baby Stay and Play for pre-walkers and Story & Rhyme Times.
- Stay & Play runs for 2 hours and you are welcome to come along at any time, although we would recommend coming for as much as you can to get the most from the session!

It's Child's Play

What is It's Child's Play?

An 8-week course for parents/carers of children between 18 months and 4 years of age full of hands on fun experiences to develop an understanding of how a child learns and develops through play.

Over the 8 weeks you will:

- Understand how play supports physical development
- Understand how play supports emotional Well Being through books, stories and rhymes
- Understand how play helps a child to develop their thinking skills.
- Understand how play helps a child to develop language.
- Understand how play supports speech and language development
- Understand how playing with a child can help build relationships; show care and affection; and be fun for parents too.

Practical Information:

- There are 8 x 2 hour sessions with a break for refreshments in each session.
- Flying Start provide a crèche run by qualified staff.
- Parents/carers participating in this group can complete an AGORED accreditation at Entry Level 3.

PARENTS PLUS (FLYING START) & PARENTS FIRST (CARDIFF PARENTING 0-18)

Who are Parents Plus and Parents First?

We are a team led by an Educational Psychologist, delivering individual parenting support within the home or community venue. Our team has a wealth of experience in working with parents/carers, children and young people. The Psychologists in our teams are interested in how children and young people think, feel, behave and develop. The team receive ongoing supervision and training from the psychologists to make sure that our work is informed by psychological theory and research.

How do Parents Plus and Parents First Work with Families?

We work with parents or carers of children and young people aged 0 - 18 years within the family home/community venue. There are many different reasons why we become involved with families. You might have concerns about your relationship with your child, your child's behaviour or how your child's skills are developing.

Practical information:

We start by visiting you where you live to get to know more about you and your family. It's a chance for you and your child to find out more about us and tell us about any changes you would like to make and for us to decide together on what the focus of our work with you as a family will be. It may also be helpful for us to talk with your child's preschool/school or other people working with you and your family.

Once we have agreed on the focus of our work together, we will visit you usually once a week, for about an hour each session, over an agreed period of time.

PARENTS AS PARTNERS

What is Parents as Partners?

- Parents as Partners is for parents who want to work together as partners, for the benefit of your child or children.
- Parents as Partners looks at relationships across the family, not just at parenting skills. Parents' relationship together, parent-child relationships, family patterns across generations, and day to day wellbeing, are all considered.
- It supports parents in strengthening your relationship with each other, so you are more able to face life's ups and downs as parents.
- Parents as Partners is for two parents to complete together. Both parents are involved in sessions. Parents must be over 18 years of age and have at least one child under 11.
- Weekly sessions are led by a male and female pair of practitioners each week.
- Parents as Partners has proven results in helping:
  - Improve your relationship and communication with your child's other parent
  - Strengthen your family relationships and improve your child's wellbeing and success
  - Manage the challenges and stress of family life
  - Reduce conflict in your relationship

Over the 16 week course you will look at topics including:

- The parental couple relationship & communication.
- The roles that each parent plays in the family.
- Family relationships and extended family.
- Parent-child relationships and how we were parented influences our choices as parents.

Sessions include a mix of creative activities, video clips and discussions, input from the group leaders and space to talk about the things that are important for you. The group is a safe space to explore things that might be difficult and sad, as well as a space for lively discussion, fun and meeting other people who might be going through similar situations.

Practical Information

- There are 16 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you attend all sixteen sessions to get the most of the programme. Both parents have to agree to participate and attend the group together.
- The programme is delivered in with a group of 5 - 7 pairs of parents.
- To benefit from this programme, you need to be willing to talk together about how you would like to bring up your children.
- Cardiff Parenting 0-18 provide a crèche run by qualified staff.
- Cardiff Parenting 0-18 meet couples/co-parents before to decide together whether the programme is suitable for you.
- You cannot attend if you are currently involved in care proceedings or private family law proceedings.

Strengthening Families Programme

What is the Strengthening Families Programme?

Becoming a teenager can be a challenging time for young people and parents alike. The Strengthening Families Programme is proven to support parents & young people through this time of change. The Strengthening Families Programme is a 7 week course for any family living in Cardiff with young people aged between 10 and 14 years of age.

Parents/Carers will:

- Discuss what young people this age are like
- Plan how to solve problems with young people
- Think about ways to show love and support
- Meet other parents/carers with young people aged between 10-14 years of age
- Sessions use DVDs which portray different family situations
- You will do activities that will help you in your relationship with your child

Young people will:

- Learn how to handle stress
- Plan ways to resist peer pressure
- Learn how to appreciate parents/caregivers
- Meet other young people your age
- Play games, take part in activities, learn new skills, and have fun!

Strengthening Families is designed to:

- Help parents build on their strengths in showing love and setting limits
- Help young people develop skills in handling peer pressure and building a positive future
- Support personal and social development in preparation for teen years
- Increase parents' confidence in setting boundaries
- Build confidence in young people
- Help young people set goals for their future and support goal achievement
- Help young people build skills to avoid problems with drugs and alcohol
- Aid transition into secondary school
- Develop empathy in young people
- Help young people and parents identify each other's positive qualities and strengths
- Support parents in helping their young person have a good experience of their teenage years
- Strengthen family communication

Practical information

- Your family will attend 7 x 2hour sessions, usually held in the evening.
- During the first hour, parents and young people meet in separate groups, during the second hour they come together to have fun in activities and games.
- Cardiff Parenting 0-18 provide a crèche run by qualified staff for younger children to attend.

FAMILY LINKS
The Centre for Emotional Health

TALKING TEENS

What is Talking Teens?

Talking Teens from Family Links acknowledges that the teenage years can be challenging both for parents and teenagers themselves. Talking Teens encourages an approach to relationships that supports young people to develop good emotional and mental health as they move towards adulthood and provide the basis for a calmer, happier family life. Talking Teens builds on the Parent Nurturing Programme.

Talking Teens introduces a weekly theme, including some background and theory, provides opportunity to parents to discuss and share experiences linked to the themes, and brings in some practical strategies to use at home.

Over the 4 week course you will look at topics including:

- What teenagers need from parents & what parents need from teenagers
- Recognising the feelings behind behaviours (ours and theirs)
- Understanding the teenage brain
- Talking about difficult issues such as: drugs & alcohol, social media, sex
- Finding ways to develop co-operation
- The importance of communication

Practical Information

- There are 4 x 2 hour sessions with a break for refreshments in each session.
- We recommend that you come to all four sessions.
- You are welcome to come to the sessions on your own or with a partner or another relative who supports you in the care of your child.
- The programme is delivered in an informal style with a group of approximately 12 parents.
- The programme is best-suited to parents with pre-teen and young teenagers aged 10 years and over.
- Cardiff Parenting provide a crèche run by qualified staff for younger children to attend.

TEEN TRIPLE P

What is Teen Triple P?

Teen Triple P is for parents of teenagers who have concerns about their behaviour or who want to stop problems from developing. It seeks to help parents understand why your teenager behaves the way they do. It provides is a great chance to meet other parents in similar situations with similar concerns, while learning a variety of parenting skills.

Over the 8 weeks you will look at topics including:

- what influences a teen's behaviour
- how to promote a teenager's skills development
- manage inappropriate behaviour
- teaching emotional self-regulation
- Planning for risk-taking behaviour and risky situations.
- Planning for your teen's increasing independence.

The *Every Parent's Guide to Teenagers* DVD will show you how the strategies work in real life and your workbook will give you the tools you need to start positive parenting right away.

Practical Information

- There are usually about 12 parents in a group session.
- Group Teen Triple P is delivered over 8 weeks, with 5 x 2 hour group sessions and 3 home practice sessions.
- For home practice, we will call you each week (for 15-30 minutes) to help and support you in problem solving while you are trying out the skills at home.
- The final group session is a chance to go over any questions – and to congratulate yourself on how far you've come!
- Cardiff Parenting 0-18 provide a crèche run by qualified staff for younger children to attend.

ENHANCED TRIPLE P

What is Enhanced Triple P?

You will usually have already completed Teen Triple P before doing Enhanced Triple P. Enhanced Triple P is individually delivered for parents experiencing stresses which are making being a parent more difficult. Options include managing stress, coping with emotions and/or communicating better with your partner.

You and Cardiff Parenting 0-18 choose from three optional mini-courses, selecting ones that are right for you. You can do one, two or all three of these mini-courses. It's all about your own personal needs.

1. Practice Sessions will help you work on any specific Triple P strategies from Teen Triple P that you've been having trouble with. You'll get extra attention and support to help you feel more confident as a parent.

2. Coping Skills helps parents build skills to cope with the everyday stresses that can make parenting difficult. You'll learn how emotions work, plan how to calm your moods, prepare for stressful situations and even how to relax. This will include relaxation techniques, how to monitor thoughts and challenge unhelpful or irrational thoughts, and develop coping plans.

3. Partner Support will encourage you and your partner to work better as a team. It will help you improve communication, resolve conflict, support each other and tackle problems together.

Practical information

- You will usually have already completed Teen Triple P before doing Enhanced Triple P.
- Each mini-course is no more than three sessions. Each session takes 60-90 minutes and is usually delivered individually with you in your home or local community setting.
- You need to be able to commit to 3 to 8 sessions depending on what you and Cardiff Parenting 0-18 agree would most benefit you.

WHAT PARENTS, CARERS AND YOUNG PEOPLE HAVE SAID ABOUT US:

*"Would recommend **Parent Nurturing Programme** to any parent especially new parents like myself. I have learnt a ton of useful and helpful information which I have started using and will continue to use and plan for the future. The team were all amazing,*

*"I feel completely at ease in the **Parent Nurturing** group. It's a wonderfully warm, open and honest environment."*

*"Learning about development and temperament has made me realise that he will do things in his own time and all I can do is understand and support. I'm less anxious now." **(Parents Plus & Parents First)***

***Strengthening Families** was a fantastic course, experience, life lesson and solution to our significant problems. All the team were absolutely incredible in the group and our family situation has turned around as a result.*

*"If you are considering **Gro Brain** do it! Great way to meet other parents, learn about how your baby develops and it's great for your baby who gets to play in the crèche. Great course, great stuff!"*

"My daughter loved the crèche. She normally gets anxious and cries when being left at childcare, but she enjoyed this crèche from the very first session. Different ideas and activities and snacks every week – some in response to specific needs/requests/preferences – Brilliant! Amazing kindness, empathy & thoughtfulness. Couldn't be happier with this crèche! My daughter talks about it all week after the sessions. Thank you ."

*"The few weeks of progress felt like there was some hope. I feel positive about being a parent for the first time in a long time." **(Parents Plus & Parents First)***

*"I enjoy the sessions as I know that everyone is in the same situation as me and no one judges." **(Teen Triple P)***

"I am much more confident and able to cope now."

"Spending time with my parents made us closer and we had lots of fun together."

"I've learnt how to stay calm and know what to do when I feel stressed."

"I now know how to handle peer pressure."