

Peer Parenting Offer

Empowering Parents, Empowering Communities (EPEC)



Delivered for Parents by Parents:
This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

BAP (Being A Parent) Courses

The BAP Group is a weekly space for parents with children aged 2-16 year olds to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Support your children as they start Primary School, Secondary School and other transitions
- Create a calm and peaceful family life

The BAP - ASD Group is for parents & carers of children affected by ASD (Autistic Spectrum Disorder) whether diagnosed or undiagnosed. BAP ASD is designed to:

- Promote children's development & skills
- Reduce child and family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

BUILDING A
FAIRER
NEWHAM

Newham London

Each week the group looks at different topics related to your relationship with your children including:

**Resilience - Being A Parent - Feelings - Play/Quality Time
Valuing My child - Understanding Children's Behaviour
Discipline Strategies/Negotiation - Listening Skills - Review & Support**

Tuesday

10th Jan - 21st March
10.00am - 12.30pm

ASD Specific

Oliver Thomas Children's Centre,
5 Mathews Avenue, East Ham
E6 6BU

Wednesday

18th Jan - 22nd March
9.30am - 11.30am

BAP 2-11 years

Sandringham Primary School
Forest Gate E7 8ED

Thursday

12th Jan - 23rd March
10.00am - 12.30pm

ASD Specific

via zoom
(register to receive zoom link)

Friday

20th Jan - 24th March
10.00am - 12.00pm

BAP 9-16 years

Rokeby School, Barking Road,
Canning Town E16 4DD



**Courses available
every term**

**Light refreshments
provided**



**For Peer Parenting queries please visit
Parenting Programmes | Newham Families Advice and Support**

To sign up, please scan the QR code here:



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SCAN ME