

Parenting programmes Spring term 2024



A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their children's behaviour. Triple P is aimed at parents and carers of children aged 0-12. Sessions consist of a mix of one to one discussions and group sessions.

Facilitators will contact parents prior to the start of the group to discuss parents' goals and individual needs.

Prior to the start of the programme: Introduction/ one to one discussion (phone or MS teams)

Week 1: Group session – What is positive parenting?

Week 2: Group session – Helping your child develop

Week 3: Group session – Managing misbehaviour

Week 4: Group session – Planning ahead

Week 5 – Week 7: One to one discussions (phone or MS teams)

Week 8: Final virtual group session – Review and celebration

Dates	Day	Time	Venue
18.01.24 – 14.03.24	Tuesday	5.30pm – 7.30pm	Virtual group – MS Teams
31.01.24 – 27.03.24	Wednesday	12.30pm – 2.30pm	Shirley Children's Centre 34 Lilac Gradens Croydon CR0 8NR



Teen Triple P

A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their teens' behaviour. This group is aimed at parents and carers of teenagers aged 13-18. Sessions consist of a mix of one to one discussions and group sessions.

Facilitators will contact parents prior to the start of the group to discuss parents' goals and individual needs.

Prior to the start of the programme: Introduction/ one to one discussion (phone or MS teams)

Week 1: Group session – What is positive parenting?

Week 2: Group session – Encouraging appropriate behaviour

Week 3: Group session – Managing challenging behaviour

Week 4: Group session – Managing risky behaviour

Week 5 – Week 7: One to one discussions (phone or MS teams)

Week 8: Final virtual group session – Review and celebration

Dates	Day	Time	Venue
19.01.24 – 08.03.24	Friday	10am – 12 noon	Malling Close Children's Centre Malling Close Croydon CR0 7YD
30.01.24 – 26.03.24	Tuesday	5.30pm – 7.30pm	Virtual group – MS Teams



Stepping Stones Triple P

A strength-based, 9 week parenting programme to support parents' confidence in managing and understanding their child's behaviour in the context of their additional needs and/or disability. This group is aimed at parents and carers of children aged 0-12 who have a special educational need or disability (SEND). Sessions consist of a mix of one to one discussions and group sessions.

Facilitators will contact parents prior to the start of the group to discuss parents' goals and individual needs.

Prior to the start of the programme: Introduction/ one to one discussion (phone or MS teams)

Week 1: Group session – What is positive parenting?

Week 2: Group session – Promoting children's development

Week 3: Group session – Teaching new skills and behaviours

Week 4: Group session – Managing misbehaviour and parenting routines

Week 5: Group session – Planning ahead

Week 6 – Week 8: One to one discussions (phone or MS teams)

Week 9: Final virtual group session – Review and celebration

Dates	Day	Time	Venue
16.01.24 – 12.03.24	Tuesdays	9.30am – 12 noon	Fairchildes Children's Centre School House 16 Fairchildes Avenue New Addington CR0 0AH
19.01.24 – 15.03.24	Fridays	10am – 12pm	Virtual group – MS Teams
22.01.24 – 25.03.24	Mondays	9.30am – 12 noon	Willow Centre at Ecclesbourne School Atlee Close Thornton Heath CR7 7FA

ADD ON INTERVENTION FOR PARENTS WHO HAVE ATTENDED A TRIPLE P GROUP

Enhanced Triple P

Enhanced Triple P offers families the opportunity to access an additional 3 one to one sessions after they have completed a Triple P group (Stepping Stones, Triple P 0-12 or Teen Triple P).

These enhanced sessions are aimed at helping parents implement strategies from the Triple P group as well as explore some of the underlying challenges they may be facing. Topics include

- Implementing strategies from the Triple P programme
- Partner support and communication
- Coping strategies and parental mental health

Please note that families cannot be directly referred for Enhanced Triple P support, and must have completed the Triple P group before they can be put forward for enhanced support. Once parents have completed the Triple P group, facilitators will be able to put them forward for enhanced sessions if required.

SUPPORT FOR SEPARATED PARENTS

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.

Family Transitions Triple P assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress. It also encourages parents to reflect on the impact of their separation and divorce on family life.

Whilst Family Transitions is more effective when both parents/ carers engage with the programme, parents/ carers can be referred without their ex-partner. Sessions are attended by parents individually rather than as a couple.

Prior to the start of the programme: Introduction/ one to one discussion (phone or MS teams)

Week 1: Divorce, a family transition

Week 2: Coping with emotions 1

Week 3: Coping with emotions 2

Week 4: Managing conflict

Week 5: Balancing work, family and play

Family Transitions Triple P (group and one to one)

Dates	Day	Time	Venue
11.01.24 – 08.02.24	Thursdays	5.30pm – 7pm	Virtual group – MS Teams
19.02.24 – 18.03.24	Mondays	5.30pm – 7pm	Virtual group – MS Teams



Mellow Mums

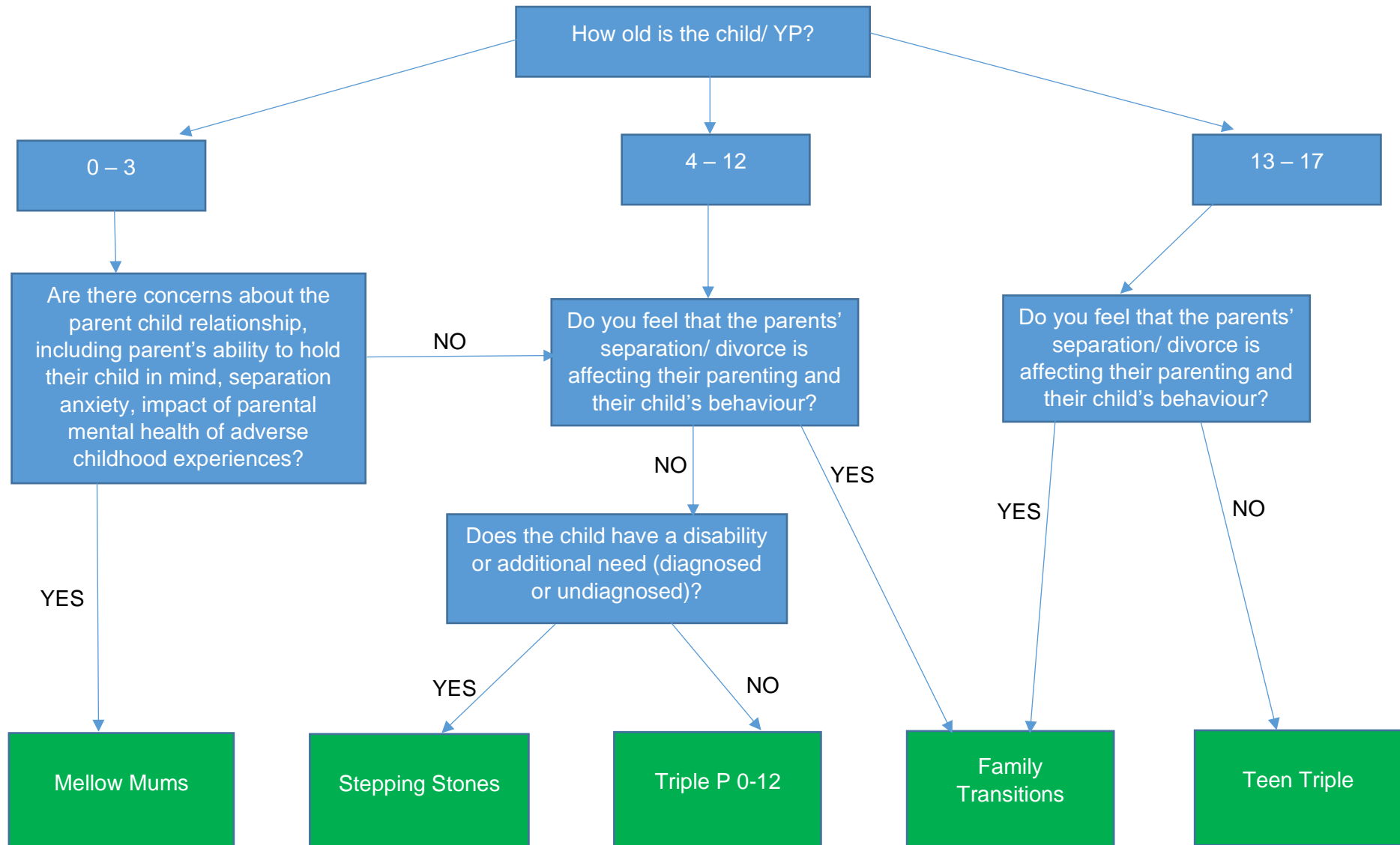
Mellow Mums is an attachment and relationship-based group intervention for mothers of children aged 0-3. Children attend the group alongside their mothers. The group helps mothers reflect on some of the challenges they may have encountered either in childhood or more recently, and how this may affect their parenting and relationship with their child.

The group is delivered over 12-14 weeks, and each session is usually split into four parts:

- A personal group for participants to reflect on their own experiences of motherhood and being parented (*children in the children's group*)
- A shared lunch with participants, their children and the facilitators
- A lunch time activity, e.g. a game or arts and crafts activity, to encourage positive parent-child interactions
- A parenting workshop to discuss parenting challenges, using strength-based video feedback (*children in the children's group*)

Dates	Day	Time	Venue
10.01.24 – 27.03.24	Wednesday	10am – 3pm	Woodlands Children's Centre Gilbert Scott Primary School, Farnborough Ave, CR2 8HD <i>Crèche for children aged 0-3 – children must be able to attend the group alongside their mothers</i>

Navigating our offer



How to refer

Internal referrers (e.g. Children's Social Care, Early help):

Referrals for both parenting programmes as well as targeted interventions can be made by raising a service request on CRS/ EHM (in the 'Forms' section).

External referrers (e.g. health professionals, Early years settings, schools, third sector agencies) AND self-referrals:

Referral/ self-referrals to the service can be made via Croydon's Single Point of Contact (SPOC) by submitting a completed Multi-Agency Referral form (MARF) to childreferrals@croydon.gov.uk or completing the form online at <https://my.croydon.gov.uk/MashReferrals?qWname=New&qServiceRef=ChildReferral>.

To discuss a referral, please contact Moniqua Williams at moniqua.williams@croydon.gov.uk.