

## Adolescence Violence against Parents (Reconnect)

This is an 8 week programme looking at relationships, parenting strategies, adolescent development, conflict resolution, outside influences and support available.

As part of the group work we will use creative ways to explore the subjects above. Group participants will have access to spray paints, modelling clay, painting, collage materials and use of music/recording.

The group is open to young people of secondary school age (13-16) where there are worries about the relationship. The group is open to those who are wanting to and prepared to address their behaviour.

All information will be kept confidential to the group.

### **Eligibility:**

*Open to ages 13-16 and must attend with a Parent/carer.*



## How to make a referral

There is one referral form for all courses  
Please complete all the sections of the form  
including an email address for the family.

Completed referral form to be returned to:

[Shepwayearlyhelp@kent.gov.uk](mailto:Shepwayearlyhelp@kent.gov.uk)

### What happens next

Early Help Business Support will call /email the family and book them onto next available course.

Business support will let you know which programme the family have been booked onto.

### Responsibilities of the referrer

Complete referral

Follow up on referral if nothing is heard

Support attendance

### For Early Help

Ensure easy booking process

Inform referrers of booked courses

Feedback about attendance and participation in the course.

For further information on any of the courses please call  
03000 411008 or email

[shepwayearlyhelp@kent.gov.uk](mailto:shepwayearlyhelp@kent.gov.uk)

## Referrers Information Parenting Programmes 2018/2019



We have 4 parenting programmes running in Shepway:

- The Solihull Approach Parenting Programme
- The Cygnet Parenting Programme
- The KCC Parenting Programme
- Reconnect

For further information on any of the courses please call **03000 411008** or email [shepwayearlyhelp@kent.gov.uk](mailto:shepwayearlyhelp@kent.gov.uk)

All of these Parenting Programmes require referrals. Parents can self refer or be referred by a practitioner or school.

## Solihull

### The Solihull Approach *Understanding Your Child*

This 10 week programme is suitable for any parent or carer with children 0-18 years and the weekly 2 hour sessions use activities, discussion and multimedia resources to explore:

- **Child & adolescent development**
- **Making sense of feelings**
- **Behaviour difficulties**
- **Communicating with your child**
- **Having fun together**
- **Parenting styles**
- **Sleep patterns**
- **Anger & temper tantrums**
- **How to recover when things go wrong**

Parents and carers often say they feel calmer, more confident and have a better relationship with their child after taking part in the group.

#### **Eligibility:**

*Any parent who feels that they would benefit from Solihull can self-refer or be referred by a practitioner to request a place on the programme.*



## Cygnets (8-18 yrs)

This is a parenting programme for parents and carers of children and young people with a diagnosed Autistic Spectrum condition.

Early Help and Preventative Services run this course in partnership with the Specialist Teaching and Learning Service and Speech and Language Therapy Service.

The programme is delivered over 7x 2 ½ hours sessions which works towards providing a greater understanding of behaviour and how to manage this. The programme will cover:

- **Autism and diagnosis**
- **Communication**
- **Sensory Issues**
- **Understanding behaviour**
- **Managing Behaviour**
- **Siblings**

*We run this course 3 times a year  
We request a contribution per family of £25*

**Eligibility:** *ASD diagnosis*

*If you require information on the  
Early Bird (4-8yrs) course  
please contact the Beacon school directly*

## KCC Programme

### KCC Understanding you, understanding your child

This 8 week programme is suitable for any parent or carer with children 0-18 years and the weekly 2 hour sessions will cover

- **Your Journey and enjoying your child**
- **Being a parent**
- **Understanding your child's world**
- **Understanding your child's behaviour**
- **Communicating with your child**
- **Listening to and understanding your child**
- **Planning ahead and trouble shooting**
- **Family rules and negotiation**

Parents and carers say they can use the reflection time and ideas given to improve family life straight away.

#### **Eligibility:**

*Already open or recently open to Early Help or  
Children's Social Work Services*

