

Stoke-on-Trent Supporting Families Service

Family Support Groupwork Programme



Family Support Groupwork Programme

The Supporting Families Service offers a number of evidenced-based programmes and 'needs led' groups that operate on a termly basis in each of the four localities that make up the city of Stoke-on-Trent, North, Central, South East and South West.

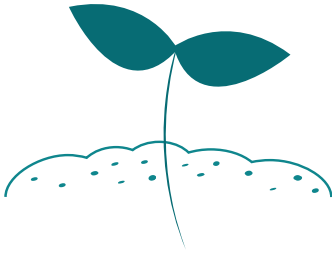
The Supporting Families team recognise that support delivered in a group setting may benefit many families whose needs can be met without the need for a co-ordinated support plan.

These programmes are therefore available to all parents where a little extra support may be needed in the most important job of bringing up children.

All of our courses are led by skilled professionals who are trained and licensed to deliver the Solihull Approach to Supporting Parents, Family Links and Teen Family Links. Parents will gain increased knowledge and skills while also having fun and getting to know other parents with similar interests and building social networks to strengthen their family resilience.

A total of 7 programmes are delivered in each locality. Each course supports parents at different stages of their children's life. Parents can access more than one course at any time.





My Baby and Me

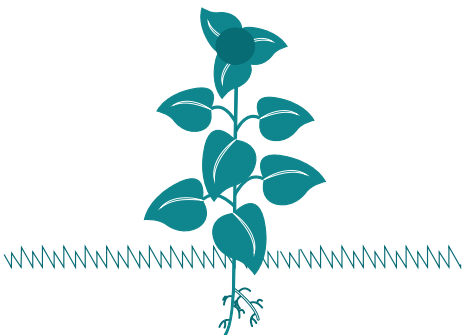
The licensed Solihull Approach ante-natal course is written by midwives, health visitors and clinical psychologists. Supporting parents to enjoy a health pregnancy, prepare for the birth process and understand the emotional changes that happen for them and their family. 8 weeks duration.

This Solihull Approach post-natal course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development during the first 1001 critical days. 8 weeks duration.



My Toddler and Me

This course is for parents who would like to learn more about how they can support their child through play, and create the best home learning environment which provides a strong foundation for all future learning. This 10 week course builds on the relationships between parent and child beyond the first 1001 emphasising the importance of play and how this relates to child development, brain development and attachment.



My Child and Me

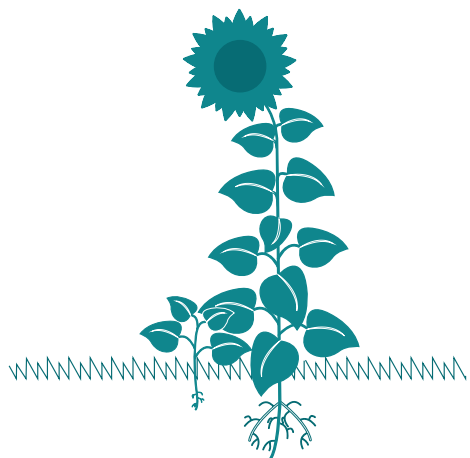
This 10-week licensed Family Links programme is aimed at improving the emotional health of both adults and children and strengthens family relationships. It is a cognitive-relational programme, providing parents with new skills in listening and communicating with their children and developing an understanding of behaviour in the context of family relationships.



My Teen and Me

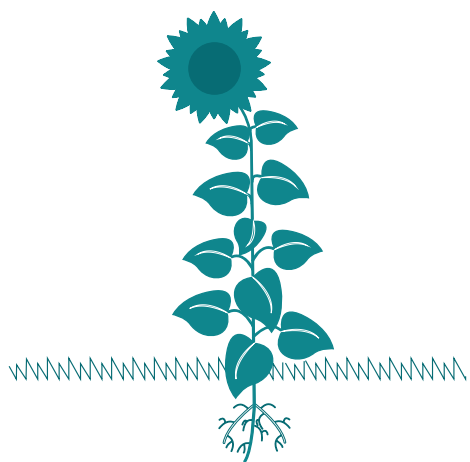
This 10-week licensed Teen Family Links programme is for parents of teenagers who would like to learn more about teenage brain development, strategies for maintaining boundaries, motivating and supporting young people and learning how to keep children safe.

In addition to the child-focused programmes above, two further programmes support parents to achieve their own potential focusing on their wellbeing and that of their family.



My Family and Me

This 6-week course is for parents looking to gain skills in a range of different subject areas including physical health and wellbeing, nutrition and meal planning, basic IT and internet awareness, money and finances and getting into work or training. It is designed to equip parents to support their family to thrive and enjoy healthy relationships and also provides the opportunity to enhance their practical skills and achieve their potential.



Just Me

This 5-week programme of support is designed to build confidence, reduce social isolation and improve wellbeing. Just for parents and carers, the course focuses on confidence building, wellness and self-care strategies, positive thinking, communication and healthy relationships within family networks.

Courses run during the three school terms and during the summer we will deliver a range of workshops, fun-days and activity events.

How to access group support

Anyone can refer a parent for group support. If you are a professional already supporting a family you must obtain the consent of the parents/carers first. Once consent has been obtained, please contact your locality based Family Advisor to complete your referral.

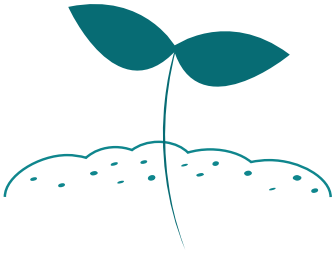
Parents/carers can access group support by contacting the Family Advisor in the area where you live using the contact details below:

North Locality	01782 232977
Central Locality	01782 237100
South East Locality	01782 237500
South West Locality	01782 231815

Alternatively email Familygroups@stoke.gov.uk

A locality map can be found at the back of this brochure.





My Baby and Me (0-1yrs)

This course is for parents and carers, who would like to understand the latest information available and how this can support them to enjoy a health pregnancy, prepare for the birth process and understand the emotional changes that happen for them and their family.

Antenatal: Pre-birth preparation for baby

8 week duration

Session 1: Welcome week

Session 2: Helping you and your baby through pregnancy and birth

Session 3: Getting to know your baby in the womb

Session 4: You, your baby and the stages of labour

Session 5: Helping you and your baby through labour and birth

Session 6: Feeding your baby

Session 7: Caring for your baby

Session 8: Celebration

The Solihull Approach antenatal course is written by midwives, health visitors and clinical psychologists. You can be confident that you will be learning the key information about pregnancy, labour and birth, and getting ready to meet your baby. This course is for pregnant mums, Dads, partners, grandparents and anyone else involved with the baby.

Post-natal: Understanding your baby

8 week duration

Session 1: Welcome session

Session 2: Understanding your and your baby's feelings.

Session 3: Understanding your baby's brain development, communications and crying.

Session 4: Understanding your baby's rhythms and developing healthy sleep patterns.

Session 5: Understanding your baby: Feeding

Session 6: Understanding your baby: Play and development

Session 7: Understanding your baby: Childcare

Session 8: Celebration session

This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development.

It integrates the traditional information given on a postnatal course with this new approach to developing your relationship with the baby. It looks at the baby's sleeping, feeding, crying, playing and childcare options.

The course was developed by Health Visitors working with health professionals in the Solihull Approach team.



My Toddler and Me (age 1-4yrs)

This course is for parents who would like to learn more about how they can support their child through play, and create the best home learning environment which provides a strong foundation for all future learning.

10 week duration

Session 1: Welcome Session – toddlers can attend this session with parents

Session 2: What is play? Happy Memories of play, benefits of play and types of play – adults only workshop

Session 3: Child- led play, making everyday life more playful, patterns of play and settings boundaries – adults only workshop

Session 4- Session 9- Putting play into practice – toddlers to attend with parents.

Session 10 – Celebration

Playing with your baby or young child is an important part of the bonding process and how you play with your children when they are young can have a positive important on how they form relationships with they are older. During this course you will develop a good understanding of the importance of play and how this relates to child development, brain development and attachment. You will learn the Five key things you need to do every day to support your child through a variety of playful activities. The course begins with two workshops followed by 6 interactive active play sessions with your child.

The aims of the course is to improve family relationships and children’s social, emotional and cognitive development by:

- Developing parents’ understanding of the importance of play and of building attachment through play
- Increasing parent’s understanding of child development, the brain, attachment and how play supports healthy development
- To increase parents confidence using child-centred play skills to support development and use cheap/free resources to create quality play opportunities
- Promoting positive approaches to discipline and boundary setting



My Child and Me (age 5-11yrs)

The programme is a 10- week programme aimed at improving the emotional health of both adults and children and strengthens family relationships. It is a cognitive-relational programme, providing parents with new skills in listening and communicating with their children and developing an understanding of behaviour in the context of relationships.

10 week duration

Session 1: Welcome week/Building Blocks: The Four Constructs

Session 2: The Question of Discipline/Time to Calm Down

Session 3: Family Rules/Rewards and Penalties

Session 4: Personal Power/Self-esteem/Choices and Consequences

Session 5: Feelings...and What We Do With Them/Communicating Clearly: Using I Statements.

Session 6: Kinds of Touch/Nurturing Ourselves.

Session 7: Ages and Stages in Children's Development/Helping Children Grow Up.

Session 8: Keeping Children Safe

Session 9: Behaviour to Ignore/Problem solving and Negotiating

Session 10: Continuing the Family Journey/Celebration

The 10-week Nurturing Programme parenting group empowers parents to build positive relationships, encourage co-operative behaviour, and develop resilience, empathy and self-esteem, in themselves and their children. Over 80% of parents report significant improvements in their child's behaviour and improved mental health in themselves and their children.





My Teen and Me (age 11-18yrs)

This course is for parents of teenagers who would like to learn more about teenage brain development, strategies for maintaining boundaries, motivating and supporting young people and learning how to keep children safe.

10 week duration

Session 1: Welcome week.

Session 2: What is it like to be the parent / carer of a teenager?

Session 3: What could help me understand my teenager?

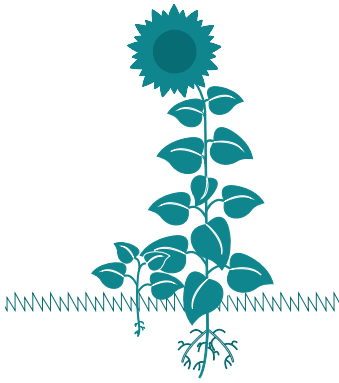
Session 4: How do I communicate with my teenager?

Session 5: How do I manage conflict?

Session 6 - Session 9 - substance use, sex and relationships, child exploitation, family relationships and understanding risk.

Session 10 - Celebration week

This group will help parents/ carers to develop an understanding of their teenagers' behaviours, when they should intervene and how to repair relationships and conflict. We will explore with parents how to put in place realistic expectations that will keep their young people safe and help them make healthier choices in the community.

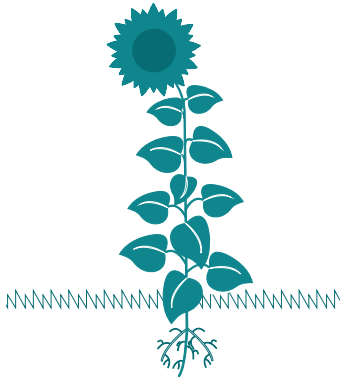


My Family and Me

This course is for parents/carers who want to learn a range of new skills to help maintain their own and their family's wellbeing.

Duration is 6 weeks.

Session Plan	Content and learning outcomes
Session 1: Welcome week	An opportunity to meet the people who will be delivering the sessions, find out more about it and ask any questions
Session 2: Physical wellness, exercise and activity	This session helps parents to learn about physical wellbeing, the benefits of exercise and activity and looks at things you can do together as a family.
Session 3: Meal planning	This session looks at meal planning on a budget, varying the family diet, understanding food labels and nutritional intake, takeaway spending and more.
Session 4: IT and internet awareness	This session looks at some IT Basics including Microsoft Word and PowerPoint, what they are used for and how to use them. The session also explores internet banking, shopping and website safety.
Session 5: Money management and budgeting	This session covers budgeting and how to manage your money including; <ul style="list-style-type: none"> • illegal lending • loan sharks • payday loans • incomings/outgoings • how to budget successfully • Savings • Energy bills
Session 6: Introduction to training and employment opportunities	This session looks at the world of training and work. It explores where to find training opportunities and how to search for jobs as well as CV writing and preparation for interview.



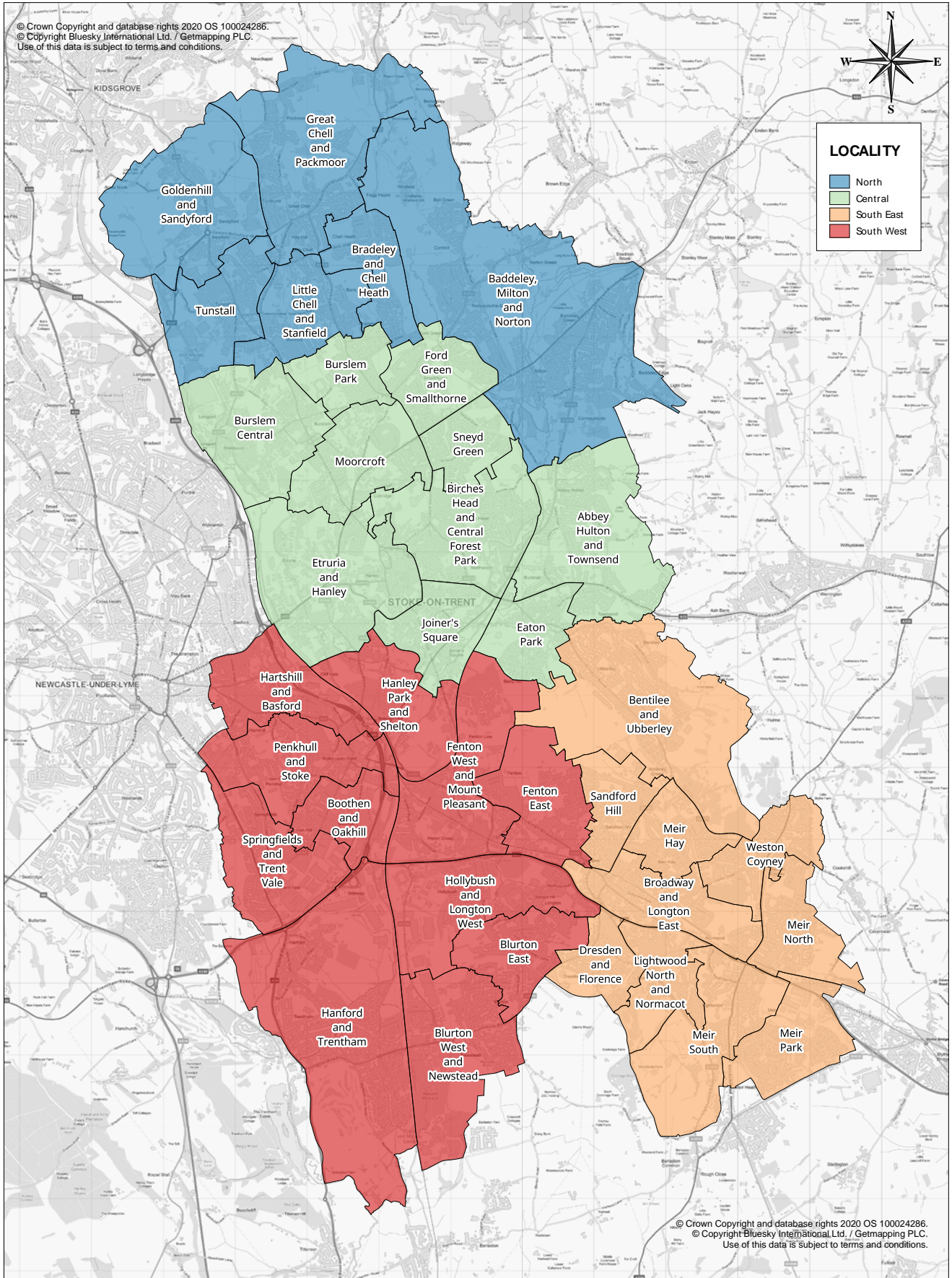
Just me

This course is for parents and carers to help focus on personal wellbeing, increasing confidence and maintaining healthy family relationships.

Duration is 5 weeks.

Session Plan	Content and learning outcomes
Session 1: Confidence building	Parents will define what they think confidence is and look at how they feel about themselves. The session explores different areas of their life and how they feel about the different parts. Participants will also complete a personality test to highlight the positives. Activities to take away to build confidence.
Session 2: Assertiveness	Building on the last session, parents will define what assertiveness means to them. Discuss passive, assertive and aggressive, identifying behaviours of each. Parents will identify different strategies to help them to become assertive.
Session 3: Communication	Parents will identify the different aspects of communication, completing different activities for each. Parents will reflect on how they can improve their different relationships through improving their communications and becoming aware of others needs too.
Session 4: Healthy relationships and family dynamics	Parents to look at the importance of healthy relationships, identifying what healthy relationships look like, reflecting on their relationships. Parents will explore ideas to help build better dynamics and build a plan with their own targets.
Session 5: Mindfulness, wellness, self-care strategies/positive thinking	Parents will explore their own stress buckets and identify the different wellness tools (Taps) that can reduce the pressures and improve overall wellbeing. Parents will explore different strategies and tools that they can use to aid this.

Locality Map



Stoke on Trent City Council
Civic Centre
Glebe Street
Stoke on Trent ST4 1HH
UK

Scale	1:52000 @ A3
Date	07 Jan 2020
Drawn By	M Horwell
Drawing Ref	SOTL
Revision	1