Parenting Groups Information Booklet

This booklet gives an overview of the core
Bristol Children's Centres
Parenting Programmes for parents/carers who have children aged 0 - 8 years old across the whole city.

Bristol Children's Centres also run Antenatal programmes which are a great way for ***'parents to be'*** to commence their journey into parenthood and beyond supported by their local services...

Follow this link to register your interest:

www.bit.ly/BristolParentingGroups

Welcome To The World (Antenatal)

For who: all ‘parents to be’ (including partners or another supporting adult) from around 22 weeks of pregnancy onwards

Course length: 5 Weeks (2 hours per week)

Run by: experienced Bristol Children’s Centre facilitators

This ‘in person’ course is a relaxed way for parents to think about the transition to **‘preparing for parenthood’** and discuss issues that can be a challenge for every new parent/carer.

You'll meet other parents/carers (creating a peer support atmosphere) and each week will have a different focus. The programme highlights how baby develops before and after birth as well as encourages parents/carers to understand their own emotional health and what their future family might look like. There will be aspects of ‘practical care’ when it comes to looking after baby, these include topics like: *feeding, sleeping and bath time*. You will also be signposted to what support is available post birth and beyond...

Rockabye (Antenatal)

For who: all pregnant women/people

Course length: 6 weeks (1.5 hours per week)

Run by: a dedicated ‘Rockabye’ team that co-facilitate with Children’s Centre staff

This small ‘in person’ group gives you the chance to reflect on your hopes and fears about becoming a parent. During these sessions you can take time to enjoy your pregnancy and connect with your baby through relaxation exercises and creative activities. Perhaps the journey to becoming pregnant has been difficult or maybe there were problems with a past pregnancy that makes this pregnancy challenging. You might be feeling **anxious** or **depressed** during your pregnancy and would like some support in managing the emotional impact of pregnancy.

Find out more here: www.rockabye.org.uk

Rockabye (Postnatal)

For who: parents/carers of babies aged 0 - 6 months old (this is a group for adults to attend with their baby)

Course length: 10 - 12 weeks (75 mins per week)

Run by: a dedicated ‘Rockabye’ team that co-facilitate with Children’s Centre staff

This small ‘in person’ group is a place to come and meet other parents, share your experiences and spend time nourishing the bond between you and your baby.

There may be something getting in the way of you feeling like you can enjoy time with your baby. Are you feeling low or worried? Are you suffering from **postnatal depression** or **anxiety**, or other mental health difficulties? Perhaps you had a difficult birth experience or a difficult journey to becoming a parent? Like many new parents, you may be finding the transition to parenthood harder than you thought. Postnatal Rockabye is a space where you can feel really heard and supported.

Find out more here: www.rockabye.org.uk

Circle of Security Parenting

For who: parents/carers of children aged 0 - 5 years (this is an adults only group and creche spaces are subject to availability. Creche spaces recommended for babies aged 6 months and over).

Course Length: 9 weeks (2 hours per week)

Run by: experienced Bristol Children's Centre facilitators and supported by Bristol's Primary Infant Mental Health Specialists Team (PIMHS).

This **'parent reflection'** programme offers relationship tools to provide a new way of understanding children's needs with an aim to create lasting security of children and more satisfaction in parenting. Course content includes:

- Supporting your child's emotional needs
- Understanding your relationship with your child
- Helping your child manage their emotions
- Looking differently at your own mental wellbeing

Parenting Puzzle

For who: parents/carers of children aged 0 - 5 years (this is an adults only group and is offered in person or online).

How long: 4 weeks (2 hours per week)

Run by: experienced Bristol Children's Centre facilitators

This programme is a condensed version of 'The Nurturing Programme' made up of four **workshops**. Parents/carers will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop. Content includes:

Workshop 1

- Understanding your child's behaviour
- Listening and communication

Workshop 2

- Praise and guidance
- Power of play and positive moments

Workshop 3

- Boundaries and parenting styles
- Understanding and managing behaviour

Workshop 4

- Dealing with stress and conflict
- Developing the Family Toolkit

The Incredible Years: Toddler Programme

For who: parents/carers of children aged 1 - 3 years (this is an adults only group)

How long: 12 weeks

Run by: experienced Bristol Children's Centre facilitators

This in person programme is designed to strengthen child well-being, promote social-emotional learning and prevent, reduce, and improve behavioural and emotional challenges. Content includes:

Over the 12-week course, there is a focus on 8 key areas:

Part 1: Child-Directed Play Promotes Positive Relationships
Part 2: Promoting Toddler's Language with Child-Directed Coaching
Part 3: Social and Emotion Coaching
Part 4: The Art of Praise and Encouragement
Part 5: Spontaneous Incentives for Toddlers
Part 6: Handling Separations and Reunions
Part 7: Positive Discipline— Effective Limit Setting
Part 8: Positive Discipline— Handling Misbehaviour

The Nurturing Programme

For who: parents/carers of children aged 3 - 8 years (this is an adults only group).

How long: 10 weeks (2 hours per week)

Run by: experienced Bristol Children's Centre facilitators

This in person programme is a **parenting approach** that is designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive family relationships. Content includes:

Understanding – why children behave as they do
Recognising – the feelings behind behaviour (our and theirs)
Exploring – different approaches to discipline
Finding – ways to develop co-operation and self-discipline in children
Learning – the importance of looking after ourselves

The Nurturing Programme is built on four constructs: **Self Esteem, Self Awareness, Appropriate Discipline and Empathy.**

Online Learning

There are **FREE** online self-led parenting courses available on the Bristol Family Hubs website.

These are designed to help parents and carers understand their children's feelings better and how they can support their children through the years as they develop and grow.

The courses cover different stages of a child's development and give helpful advice to support the emotional health and wellbeing of both children and parents or carers.

The courses have been developed by a team of NHS professionals who worked with practitioners and parents/carers to develop the online offer.

Just visit the ‘Parenting Courses’ page on the Family Hub website:

https://www.bristol.gov.uk/bristol-family-hubs/parenting-courses

Bristol Family Hubs

Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!

Your parenting toolbox:

- Nurture
- Empathy
- Play
- Praise
- Listening
- Connection

For more information please call: **07721 311 497**
or email: **psso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find the best group option for you.

nbcc north bristol children's centres
Wellspring Settlement
Central Bristol Children's Centres
EBCC East Bristol Children's Centres
SBCC South Bristol Children's Centres