



Grow with Me

PARENTING IN TAMESIDE OFFER



This booklet has been produced for professionals, parents and carers in Tameside. It includes information about the different groups and support available and how to access them.

It also provides support for parents and carers with early relationships and attachment difficulties – for more information on this visit

www.gotogrowtameside.gov.uk

Our vision for ‘Grow with Me’ is one where all parents, children and their families will receive the support that is right for them as early as possible, to enable them to deal with problems and prevent issues escalating.



Solihull Online

Solihull Online is an online parenting programme available for all Tameside parents and carers, and includes the following modules:

- Understanding your child
- Understanding your baby
- Understanding pregnancy, baby, child and teenager
- Understanding your teenager's brain

Visit: www.inourplace.co.uk

Access code for Tameside residents: **SUNFLOWER**

For technical support contact:

Solihull.approach-parenting@heartofengland.nhs.net

Or call 0121 296 4448 Mon-Fri 9am-5pm



Early Start Postnatal Group

Group meeting for 6 weeks

For parents with children from birth to 12 months. Early Start provides an opportunity for parents to get together and focuses on learning together about babies and their feelings.

Early Start includes a variety of topics, such as:

- Bonding and Attachment
 - Parental Wellbeing
- Play and Development
- Crying and Consoling
- Sleeping and Waking
- Feeding and Weaning

For more information about this course, please contact your Health Visitor or Local Children's Centre.



Solihull Parenting Programme

Group meeting for 10 weeks

For parents with children aged birth to 19 years

This is a 'first response' programme.

Solihull includes a variety of topics including:

- Understanding your child's behaviour
- Tuning into your child's developmental needs
 - Learn to have fun together
- Developing strategies for when timings go wrong
 - Developing a life long thinking skill



Solihull Teenagers Parenting Programme

Group meeting for 10 weeks

For parents with children aged 10-19 years
Solihull Teenagers includes a variety
of topics including:

- Understanding your teenagers brain and behaviour
 - Physical and Emotional changes during puberty
- How to build a positive relationship with your teenager



Incredible Years Parenting Programme

Group meeting for 14 weeks

For parents with children aged 2-8 years.
Incredible Years includes a variety
of topics including:

- Child directed play
- Praise and rewards
- Routines and limit setting
 - Handling behaviour
- Teaching children to problem solve



Riding the Rapids

Group Meeting for 10 weeks

For parents of children 3-11 years

Riding the Rapids is an evidence based parent-training course. It is designed for parents and carers of children and young people with an Autism Spectrum diagnosis or other complex needs, including severe learning disabilities.

The course enables parents to understand their child's behaviour in the context of their additional needs, and apply strategies to support positive behaviours. It also helps parents to develop stress management strategies and confidence in managing their child's behaviour. The course is collaborative, so that parents develop tools they can take with them and continue to apply once the intervention is complete.

The course covers:

- Goal setting
- Understanding behaviour
- Promoting positive behaviour
- Promoting positive interaction through communication
 - Promoting positive interaction through play
 - Managing stress
- Managing unwanted behaviour
 - Active problem solving



Mellow Parenting Programme

Group meeting for 14 weeks

For parents with children under 3years.

Mellow Parenting includes a variety of topics including:

- Parent Focus
 - Who am I? Self-Esteem etc.
- Parent and Child Focus
 - Talking and Listening, play etc.



'Parent Space' Parenting Clinics

Are you a parent that is struggling with understanding your child or need some support around this issue but are unable to attend a group?

Are you a professional who needs some advice with regards to parenting for the families you are working with?

We run parenting clinics twice a week which are run by the Parenting Coordinators in Tameside.

Appointments are available in Ashton and Hattersley.

For more information, contact: 0161 368 7722



Crèche Support Clinic

Crèche and Parenting Practitioners are available to offer practical advice and support to parents of children 0-5yrs through the crèche support clinic.

Families will be offered a maximum of 8 sessions depending on need. In each session, the parents will be encouraged to actively partake in activities designed to support and build their relationship with their child in a playful way focusing on identified areas of behaviour and development, underpinned by the Solihull Parenting Approach ethos of containment, reciprocity and behaviour management.

Each session is individual to a family's needs.

What do we offer?

- Watch me play
- Lego Therapy
- Routine and boundaries support



Watch Me Play

Watch me play is a simple way for parents / carers to help babies and young children grow together. It encourages parents to be in tune, relaxed and playful together helping children to grow up healthy and secure.

The approach focuses on:

- Play preparation – quiet space, age-appropriate toys, 20 minutes a day
- Child-led play - allowing your child to play freely, choosing what they want to do
 - Watching your child play – how to give your full attention
 - Talking to your child about their play – using simple words
- Talking to another adult about the play – offering a reflective opportunity to notice more about your child and enjoy being with them.

The benefit for parents:

- Getting to know your child; interests, skills, strengthened relationship

The benefit for your child:

- Helps to develop confidence
- This will promote the development of your child's social, emotional, language, memory and attention.
 - Helps children of all ages feel settled, valued and secure.



Video Interaction Guidance (VIG)

VIG aims to highlight and build on attuned moments in parent-infant interactions.

Parents are supported by a trained VIG Practitioner to view and reflect together on strengths-based micro moments of video. Through this process of active engagement and reflection; parents become aware of, and build on, their skills in attunement. This approach is effective in helping parents move to a new narrative about themselves as a parent, about their child, and their relationship with their child.

What to expect:

- Strengths based - Brief intervention
- Goal setting around the Parent and child's relationship – what they would like to work on
 - VIG practitioner will film the parent and child interaction
- Shared Review - The VIG practitioner and parent together notice and build on the Parents strengths
 - Reflection on goals and moving forward.



How do I make a referral or self-refer?

To refer onto a course, please access the referral form on the Tameside Council website

www.tameside.gov.uk/parentingoffer
under the section parenting

All referrals should be sent by e-mail to:
parentingreferrals@tameside.gov.uk



For more information, please call the Parenting Team on
0161 368 7722

