



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



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



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

