

Early Help Evidence Based Programme Guide April- July 23



Programme	Day/Start Date/Time	Venue
0-12 Triple P Parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills. Duration: 8 weeks	Daytime Programme Tuesday 25 th April Time: 12.30 - 2.30	The Place Coleridge Road. Rotherham S65 1LW
	Evening Programme Thursday 1 st June Time: 5.30 - 7.30	The Place Coleridge Road. Rotherham S65 1LW
Teen Triple P Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills. Duration: 8 weeks	Daytime Programme Tuesday 18 th April Time: 12.00 - 2.00	Central Children’s Centre Ferham Road
	Evening Programme Tuesday 13 th June Time: 5.30 - 7.30	Microsoft Teams
Stepping Stones This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children’s development, social competence and self-control and is delivered in a group setting Duration 9 weeks	Daytime Programme Tuesday 18 th April Time: 10am -12.00	Kimberworth Place Kimberworth Road Rotherham S61 1HE
Family Links This programme is for the parents of young children up to the age of 10 and looks at topics, including: Understanding why children behave as they do, recognising the feelings behind behaviour (ours and theirs). Exploring different approaches to discipline and learning the importance of looking after ourselves Duration – 10 weeks	Daytime Programme Tuesday 18 th April Time: 12.30 - 2.30	Maltby Stepping- Stones Tickhill Road, Maltby S66 7NQ
Caring Dads Developed in a university partnership, Caring Dads is a group intervention program for men who have abused, neglected, or exposed their children to domestic violence. Duration 17 weeks	Evening Programme May 2023 Time: 5.00 -7.00	Central Children’s Centre Ferham Road, Rotherham S61 1AP

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<p>Sleep tight</p> <p>This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.</p> <p>Duration: 5 weeks</p>	<p>Daytime Programme</p> <p>Wednesday 19th April Time: 9.30 - 11.30</p>	<p>The Place Coleridge Road. Rotherham S65 1LW</p>
	<p>Daytime Programme</p> <p>Wednesday 17th May Time: 12.30 - 2.30</p>	<p>Maltby Stepping- Stones Tickhill Road, Maltby S66 7NQ</p>
<p>Fear-Less</p> <p>Fear-Less Triple P is for parents (of children aged 6 to 14) who'd like to learn how to teach their children to manage anxiety effectively.</p> <p>Duration 6 weeks</p>	<p>Daytime Programme</p> <p>Thursday 20th April Time: 12:00 - 2:00</p>	<p>Central Children's Centre Ferham Road, Rotherham S61 1AP</p>
	<p>Daytime Programme</p> <p>Friday 9th June Time: 9.30 - 11.30</p>	<p>The Place Coleridge Road. Rotherham S65 1LW</p>
<p>Parents as Partners</p> <p>Parents as Partners is a programme that looks at the whole family, not just the relationship between parents and their children. Both parents are involved in sessions, and the group is always led by a male and female pair of trained workers.</p> <p>Duration 16 weeks</p>	<p>Evening Programme</p> <p>Thursday 6th April Time: 6.00 - 8.00</p>	<p>Microsoft Teams</p>

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Discussion Groups	Discussion Group Subject	Day/Start Date/Time	Venue
Short one-off group sessions that offer practical advice for tackling a specific problem behaviour.			
0-12 years	Manging Fighting and Aggression	Daytime Programme Tuesday 25 th April Time: 9.30 - 11.30	Maltby Stepping- Stones Tickhill Road, Maltby S66 7NQ
	Dealing with Disobedience	Daytime Programme Tuesday 28 th March Time: 10 - 12pm	The Place Coleridge Road. Rotherham S65 1LW
		Evening Programme Tuesday 11 th July Time: 5.30 - 7.30	Microsoft Teams
	Hassle Free Outings	Daytime Programme Tuesday 11 th July Time:9.30 - 11.30	The Place Coleridge Road. Rotherham S65 1LW
Teen	Coping with Teenagers Emotions	Evening Programme Tuesday 28 th March Time: 5.30 - 7.30	Microsoft Teams
	Reducing Family Conflict	Daytime Programme Thursday 25 th May Time: 12.30 - 2.30	Maltby Stepping- Stones Tickhill Road, Maltby S66 7NQ
	Getting Teens to Co-operate	Evening programme Tuesday 6 th June Time: 5.30 - 7.30	Microsoft Teams

Contact the Evidenced Based Hub for Further Information on:

parenting@rotherham.gov.uk

To make a referral:

Early Help Workers complete Evidenced Based Intervention Form on EHM

Social Care complete a co-working request stating which programme is required.

Partnership agencies telephone 01709 336080.

To access Triple P Online 0-12, Teen or Fear-Less please click on the link and follow instructions to register your details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>