

# Parenting Courses

A guide to free groups and courses available for parents and carers of children aged from 0-19yrs

**Free  
courses**



[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



# Introduction

“Sharing ideas with other parents gives you confidence”

The groups support you with some of the challenges of being a parent. Parents tell us they learn a great deal from each other and enjoy the support that a group provides. We offer a selection of free courses, whatever the age or needs of your child.

**For more information about any of the courses please contact your local Parent and Adult Education Lead, contact details can be found on the Family Information website:**

**[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)**  
or telephone **0800 587 8191**

## **Early Help** - what's available?

Our locality office can also offer help in other ways. For further information on any of these services please contact the Family Information Services:

Telephone **0800 587 8191**  
or email **[fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)**

## **Family Support**

We have Family Support Workers who can help families from pregnancy through to 12 years old on a 1:1 basis. They can support with advice on areas such as your child's behaviour, household routines, debt and housing as well as helping you to access other appropriate services for example parenting programmes.

## **Youth Support**

We have Youth Support Workers who can support young people from 13 - 19yrs. They work at a variety of venues including Young People's Centre's and Schools.

# Courses

## Incredible Years: Birth to 12 years

We offer several programmes covering from birth up to the age of 12. DVD examples, modelling and group discussion are used and the programmes run for up to 12 weeks.

### 0 to 12 months

For parents and carers and their babies aged from 0 - 12 months.

**Course length:** 6 weeks

### 1 to 3 years

For parents and carers of toddlers aged from 1 - 3 years.

**Course length:** 8 weeks

### 3 to 6 years

For parents and carers of children aged from 3 - 6 years.

**Course length:** 10 - 12 weeks

### 6 to 12 years

For parents and carers of children aged from 6 - 12years.

**Course length:** 10 - 12 weeks

### General Aims/Goals

- Supporting children through the different stages of social and emotional development, building confidence and encouraging independent problem solving skills
- Building on parent-child relationships and developing parents' skills by using a range of positive approaches
- Support to set up effective routines and use realistic limit settings that reduce conflict in the home.



## Time Out Courses: for parents of children with additional needs

Time Out for Special Needs, Time Out for ADHD and Time out for ASD are designed to give parents/carers a greater understanding of their child's needs and strategies to help them and their children.

**Course length:** Courses normally run for 7 - 10 weekly 2 hour sessions

The course material is supplemented by visits from other agencies that can offer support for families with children with additional needs.

Support Groups for parents of children with additional needs are held throughout Cornwall. Please refer to the Family Information Service for more information

Telephone: **0800 587 8191**

Email: **[fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)**

Website: **[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)**

## Time Out for Dads

Time Out for Dads to help dads build on the skills they already have, as well as recognise the areas of change that will make a difference.

**Course length:** 5 sessions

## Take 3: 13 years to 18 Years

The Take 3 parenting course supports parents and carers of young people in those challenging 'teenage years'.

**Course length:** 10 weeks

**Session titles include:** Why are we all here? What's adolescence? Encouraging young people; The power of listening; Misbehaviour and listening; The four styles of parenting; "I" Statements and boundaries; Negotiating boundaries and consequences; When adults disagree; Moving on.

## Susie Project - Recovery Toolkit

The Susie Project for survivors of domestic violence/abuse runs drop-in/ support groups, 1-1 support work and outreach work across the county.

**Course length:** a 12-week accredited course

### Further information

Please contact the Susie Project direct for any of these services

Telephone: **01209 202695**

email: **[susie.project@aol.com](mailto:susie.project@aol.com)**

Website: **[www.susieproject.org.uk](http://www.susieproject.org.uk)**

## Living with Parents: 13 – 17 Years

Living with Parents is a **one day workshop** where parents/carers attend with their teenagers and the focus is on improving communication to help reduce conflict in the home.

## Speakeasy

Speakeasy gets parents and carers together to talk about the best ways to chat with their children, whatever their age, about growing up, body changes, sex and relationships.

**We aim to get parents and carers to feel more confident and relaxed about subjects that can be tricky and awkward to discuss.** It's amazing how much there is to learn and reassuring to know that most of us feel nervous and unprepared for the questions children ask us!

Speakeasy will help you feel more confident speaking with your children about sex, relationships and growing up, using words they understand and you are comfortable using. Speakeasy usually runs for 8 weekly 2 hour sessions.

### Further information

Please telephone: **01209 313419**

or email: **[mandy.lancaster@cornwall.nhs.uk](mailto:mandy.lancaster@cornwall.nhs.uk)**



We offer a selection of free courses, whatever the age or needs of your child.

## Ante-natal/Great Expectations

This fantastic **6 week course** at your local Children's Centre provides parents-to-be with all the information and skills they need to feel confident about making the right choices for their new baby. Delivered by Midwives, Health Visitors and Children Centre staff, the topics include:

- Having a healthy baby
- Preparation for parenthood, birth and beyond
- Communicating with your bump and baby
- Changes in relationships
- Getting your baby off to the best possible start
- How babies grow and develop



There will also be plenty of opportunities to ask questions and reduce any anxieties about becoming a parent, and it's all free!

## "Here's Looking at You"

### Baby

'Here's Looking at You Baby' is a **six week course** for parents and babies aged **0-6 months**. The group was developed from long term research into infant behaviour. It highlights the importance of parents understanding what their babies are trying to communicate before they can use words to ask for what they want.

### Little One

'Here's Looking at You Little One' is a **six week course** for parents and their young children aged **between 9 months and three years**. The course provides an opportunity to offer theoretical and practical information to support the development of their child and enhance attachment. It helps build on parents instincts and provides greater understanding of the emotional, physical and communicative abilities of their young child.

## Further information

### Multi Agency Referral Unit

Telephone: **0300 1231 116**

### National Autistic Society West Cornwall Branch

Telephone: **07901 103351**

Email: [westcornwall@nas.org.uk](mailto:westcornwall@nas.org.uk)

Website: [www.naswestcornwall.co.uk](http://www.naswestcornwall.co.uk)



We are the  
County's only  
source of all  
Ofsted registered  
childcare

## Family Information Service

The Family Information Service is the only source of all registered childcare in Cornwall as well as holding a wealth of information for parents, carers, children and young people up to the age of 19.

It can provide details on all children's centres, leisure activities, extended services, family support, benefits and debt services, health services, Parenting Support and much more.

**Find out where your local Children's Centre is, Youth Centre and other useful contacts on the FIS Directory.**

Call the FIS free on **0800 5878191**  
or visit [www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)





If you would like this information in another format or language please contact:

Cornwall Council, County Hall  
Treyew Road, Truro TR1 3AY  
Telephone: 0300 1234 100  
Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk)  
[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



Follow us on Twitter [@cornwallcouncil](https://twitter.com/cornwallcouncil)



Join us on Facebook

Printed on recycled paper  
Photos © iStock  
35223 01/14

 **recycle**  
for Cornwall