

Together for Families

Early Help Parenting Newsletter – Autumn 2024

Free information, support and guidance for parents and carers.

Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

www.cornwall.gov.uk/parenting

The programmes currently available are:

Solihull: Understanding your Child – Supporting parents/carers of children aged 1 to 11 (10 x 2-hour sessions)

Parents Plus Adolescent Programme – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

Living with Parents – a one day workshop for parents and their young person aged 12 to 17 years.

Supporting Healthy Relationships – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

Understanding your Child with Additional Needs – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

“ We’ve noticed a change already and it’s only been 3 weeks.”

-Parent on Parents Plus
Adolescents Programme
(May 2024)

Have your say!

We invite you (parents, carers, and professionals) to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit, letstalk.cornwall.gov.uk/parentingsurvey, to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on ‘Stay Informed – Subscribe’ button on this page.

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics including:

- Remaining Calm
- Routines and Boundaries
- Praise and Rewards
- Technology and Safety
- Special Time
- Supporting Healthy Relationships
- Teenage Brain
- And many more!

Please book on by visiting www.cornwall.gov.uk/parenting

Empowered Parenting Podcast

In August, we will be launching a brand new podcast, called Empowered Parenting. Each week, Rachel, a Senior Parenting Worker from the Parenting Team will be joined by guests from the team and other services to chat all things parenting, including tips and strategies!

Follow us on our Facebook or Instagram pages (TFFCornwall) or on our website www.cornwall.gov.uk/parenting to see new episodes as they are released.

Positive Parenting Top Tip!

Praise and Encouragement

Why do we praise? Praising your child for positive behaviours raises their self-esteem and confidence and makes them feel good. It encourages behaviour you want to see more of.

How do we praise? There are so many ways to praise, for example visual praise such as high 5s, thumbs up, or hugs; overhead praise and labelled praise.

Labelled praise is specific praise where you tell the child exactly what it is that they have done well such as 'thank you for putting your plate by the sink' or 'well done for trying to put your shoes on'.

It's important to praise the effort, not just the outcomes or end result.

You cannot spoil a child with too much praise so catch them doing something good and praise them.

Service Spotlight

Home-Start Kernow

Home-Start Kernow offers support, friendship and practical help to parents with children under 5 throughout Cornwall. Parents may struggle at one time or another, you are not alone, that's when Home-Start Kernow can help.

Home-Start offer a variety of groups for families and most groups operate every week during term time. Most families will get 6 months of group support, some may be offered places for longer if additional support is needed or needs change.

Come chat and play with us.

<https://homestartkernow.org.uk/group-support/>



New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting www.cornwall.gov.uk/parenting.

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



Parenting children aged 0 to 11

SELECT A SERVICE	
Virtual - Understanding your child (ages 1 to 3) <input type="radio"/> <small>This is a Virtual course delivered on Microsoft Teams. Read more</small> 2 hours	Understanding your child (ages 1 - 3) Bodmin Family Hub <input type="radio"/> <small>This is a Face-to-Face course delivered over Zoom. Read more</small> 2 hours
Understanding your child (ages 1 - 3) Troon Family Hub <input type="radio"/> <small>This is a Face-to-Face course delivered over Zoom. Read more</small>	Understanding your child (ages 1 to 3) The Park Family Hub <input type="radio"/> <small>This is a Face-to-Face course delivered over Zoom. Read more</small>

Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit www.cornwall.gov.uk/parenting

Contact us

Email: parenting@cornwall.gov.uk

Call: **01872 324323**

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

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY

Email: equality@cornwall.gov.uk Telephone: **0300 1234 100**



CORNWALL COUNCIL
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Together 
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