

Together for Families

# Early Help Parenting Newsletter – Spring 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](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

**Take 3** – Supporting parents/carers of teenagers aged 12-17 (10 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](#)

## Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (12:30 – 14:30) delivered by our parenting team to support on a wide range of topics. Please book on by visiting

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

Date	Bitesize Child (for parents/carers of children aged 4-11)
06.02.24	Remaining Calm
13.02.24	Praise and Rewards
20.02.24	Technology and Safety
27.02.24	Sibling Rivalry and Conflict
05.03.24	Bullying
12.03.24	Special time with your child
19.03.24	Supporting Education and School
26.03.24	Routines and Boundaries
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
07.02.24	Sibling Rivalry and Conflict
14.02.24	Teenage Brain
21.02.24	Supporting Education and School
28.02.24	Mental Health and Wellbeing
06.03.24	Remaining Calm
13.03.24	Drugs and Alcohol
20.03.24	Technology and Safety
27.03.24	Body Image

“ I found the agreements and I-statements to be valuable tool to tackle this week. You (the facilitator) have been amazing. Very clear messaging every week. ”

– Parent of teenager attending Take 3

## Positive Parenting Top Tip!

### Special Time – Let's Play

Parents need to juggle a lot of different roles in the family, and we can sometimes overlook playing with our children. Children need our attention, and they will gain that any way they can. Giving more positive attention to your child in positive situations, will reduce the need for them to gain attention through negative situations.

We challenge you to spend a minimum of 10 minutes a day of quality, child led play time with your child. This will help your child's self-esteem, mental and emotional health, social skills, communication skills, relationships, and behaviour issues.

So put down your phones, leave the dishes until later and go and get involved in your child's play, they will love you for it.

## Service Spotlight

Parent Carers Cornwall is run by parents and carers and our aim is to support and offer guidance to families who have a child with SEND 0-25 years of age.

Our aim is to gather information from Parent Carers and using these unique shared experiences, we take part in consultations and participation work which helps us to shape the development and delivery of services to our children. We also pass on information to families via a newsletter and e-bulletin, arrange coffee and chat sessions and organise training and workshops for parents.

Support is offered to families to help complete DLA/PIP forms if required.

We are on all social media channels as Parent Carers Cornwall or for any information please contact us through our website

<https://parentcarerscornwall.org.uk/>



## New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://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)

This is a Virtual course delivered on Microsoft Teams. [Read more](#)  
2 hours

Understanding your child (ages 1 - 3) Bodmin Family Hub

This is a Face-to-Face course delivered over Zoom. [Read more](#)  
2 hours

Understanding your child (ages 1 - 3) Troon Family Hub

This is a Face-to-Face course delivered over Zoom. [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub

This is a Face-to-Face course delivered over Zoom. [Read more](#)

## Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

## Contact us

Email: [parenting@cornwall.gov.uk](mailto: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](mailto:equality@cornwall.gov.uk) Telephone: **0300 1234 100**



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