


# A GUIDE TO FREE PARENTING COURSES IN DONCASTER



**“ My child is calmer, my house is calmer and it has brought my family together ”**

**Your Family**

# Introduction

## Hi, did you know that Doncaster has a Parenting Team?

We are a team of Parent Support Workers, who work across Doncaster. We deliver free courses for parents/carers and grandparents. Most of our courses are delivered during the day when children are at school. If you have a child who is pre-school age, we can offer you childcare vouchers for either a private nursery, or childminder of your choice.

**Working full time?** We also offer some evening courses, typically from 6pm to 8pm, these courses are usually at a venue close to the City Centre, for easy access.

**Worried about attending a group?** We always try and come and visit you at home before the group starts. That way, we get to meet you and answer any questions you may have, and you will recognise a friendly face when you arrive to the first session. We will also make you a hot drink and have plenty of biscuits.

We know that it is not always easy being a parent and as our children grow, they go through different phases. Whether this is starting nursery and leaving their parent/carer for the first time, having a new teacher in primary school, or starting secondary school. Our children face change on a regular basis. Sometimes they don't know how to cope with it, and this can come out in their behaviour.

### ***Well, we can help you make sense of this!***

**Our team of 5 Parent support workers and Parenting Coordinator have around 130 years' experience of working with parents, children and families. Many of the parents who have completed courses with us, tell us they learn a great deal from each other and enjoy the support that being part of a group provides.**



# The Solihull Approach:

Understanding Your Child – from toddler to teenager

Course length: 10 weeks, 2 hrs a week

Our Solihull parent group focuses on helping you to understand your child's behaviour and to build a positive relationship between you and your child.

## We will look at things like:

- Different parenting styles
- The developmental stages of your child – what is age appropriate behaviour
- Understanding your child's behaviour
- Having fun together through play

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We talk more, we are calmer with our son and there are less arguments.

”



# Incredible Years (2-8 yrs)

Course length: 12 weeks, 2 hrs a week

Our Incredible Years parenting course looks at how parents can encourage their child's social skills and increase positive behaviour.

## You will learn about:

- How to play with your child
- Effective praise and the use of rewards
- Setting routines and rules
- How to manage behaviour
- Teaching your child how to problem solve



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**It reminded me about the things I had forgotten, like children are not naughty, they are sometimes misunderstood. It helped me to not always shout and to listen first. I would recommend this course to other parents.**

”



# 123 Magic (2-10 yrs)

Course length: 5 weeks, 2 hrs a week

## You will learn about:

- How to deal with difficult behaviour; tantrums, sibling rivalry, answering back and arguing
- Encouraging good behaviour; going to bed and staying there
- Building a good relationship with your child; praise, active listening and having fun together

“ The course was easy to understand and put into place. The no talking, no emotion rule is a revelation to me. ”



## Group Triple P (2-10 yrs)

Course length: 8 weeks in total, 2hrs a week, the first 4 weeks are in a group, the following 3 weeks are phone calls to keep your learning on track, the final week is back in group.

### You will learn about:

- Supporting your child through the different stages of social and emotional development, building their confidence and encouraging them to problem solve.
- Support to set up effective routines in your home and use realistic rules that will reduce arguments in the home.
- Building on the parent/ child relationship and developing your parenting skills by using a range of positive approaches.

“ It has made me feel more confident knowing that other parents are going through similar things. ”



## Teen Triple P (11-16yrs)

Course length: 8 weeks in total, 2 hrs a week, the first 4 weeks are in a group, the following 3 weeks are phone calls to keep your learning on track, the final week is back in the group.

### You will learn about:

- Setting goals and using strategies to help your teenager develop their skills.
- Managing inappropriate behaviour and negotiating boundaries
- Supporting your teenager to deal with their emotions
- How to plan for risk taking behaviour or risky situations.

“ A great course, I would recommend it to parents who have children in their teenage years. ”



# Reducing Parental Conflict

Course length: 4 weeks, 2 hr sessions

For parents who are experiencing conflict in the family home and want to learn more about how to reduce this. Parents are expected to attend this course together with their partner. This is a new course to Doncaster and we are still waiting to get feedback from parents on how this has helped with their relationship.

## You will learn:

- Relationships are one of the most important aspects of our lives.
- How important connections with other people are for our happiness.
- The different stages in a relationship.
- Couple, family and social relationships hold the key to good parenting, doing well in school, and mental and physical wellbeing.
- How the people around us, get us through life's ups and downs.



# Family Transitions

Course length: 5 weeks, 2 hrs sessions

For parents who have separated or divorced but still co-parent their children.  
Parents will attend separate courses.

## You will learn:

- New ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation.
- These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.

