



FEEDBACK FROM OTHER PARENTS

"I feel better in myself about dealing with my son. I feel I can pass this information onto my family members."

"I found this very helpful and enjoyed being with others who have the same issues."

"You have changed me and my boy's life in such a positive way. I cannot thank you enough!"

"It was good to learn ways to manage my kids without screaming at them, because I was getting nowhere doing that."

CHILDREN DO NOT COME WITH AN INSTRUCTION MANUAL

As a parent, there will be times when you will be concerned. This may be about your infant's sleeping pattern, your toddler's tantrums, meal time difficulties, siblings fighting or risk-taking behaviors in your teenager. The list of potential challenges you could face as a parent is endless.

Children don't come with an instruction manual, and it is likely that you will come across one, maybe more, of the difficulties above.



CONTACT US

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WHAT IS THE PARENTING SUPPORT SERVICE?

The Parenting Support Service deliver a set of evidence-based parenting programmes.

These are well-researched and evidence-based approaches that have been proven to be highly successful ways of supporting families where there are concerns over parent/child relationships, concerns around the child's behaviour, or help required in relation to supporting a child with an additional need such as attention deficit hyperactivity disorder (ADHD).

The work is based on the theory that families may, without intention, develop patterns of behaviour and interactions towards each other that may encourage undesirable behaviours, and this can make families feel really stuck.

WHO DO WE HELP?

We are a team of trained parenting practitioners who aim to support anyone who is experiencing some level of persistent difficulty with their children.

We will work with any member of the family with a parenting role in a child's life.

GROUPS OFFERED

Due to the current social distancing rules as a result of COVID-19 all our face-to-face groups have been replaced by virtual groups via Microsoft Teams.

These groups are 1.5 hour sessions taking place over six weeks.

Parents will need access to a computer or mobile smartphone, and the Internet to take part.

Current programmes and referral criteria

- **Virtual Triple P Primary**

Any parent with a child aged 5-11 who has general behavioural concerns or conduct problems.

- **Virtual Triple P Teen**

Any parent with a child aged 12-17 who has concerns regarding their teenager's behavioural conduct and pro-social skills.

- **Virtual Triple P ADHD**

Any parent with a child aged 5-11 who is being assessed for ADHD by a paediatrician or already has a diagnosis of ADHD. We currently do not offer a programme specifically for Autistic Spectrum Disorder (ASD) but we can accommodate those children with an ADHD co-morbidity.

Upon completion of the course (80 per cent attendance) parents will receive a certificate.

HOW DOES IT WORK?

Firstly, let us look at what it does not do: **parenting programmes are not designed to tell you how to parent your child.**

The evidence-based parenting programmes are collaborative to support parents to adapt the ways in which they interact with their child. It works with the belief that **YOU** are the expert on your child.

It offers advice, strategies, theory and education which can increase your level of confidence when managing common behaviour problems.

GROUP PROTOCOL

- Please treat these virtual sessions as a formal group setting.
- Wear comfortable clothing, and keep in mind you will be seen by others on a screen .
- No uninvited people can attend, including children.
- Please ensure that any children in your household are safe and supervised.
- Confidentiality of other group parents must be respected during and after the course.