



Family and Relationship (Parenting) Team



Warwickshire Family and Relationship Support

[Warwickshire Family and Relationship Support Events | Eventbrite](#)
[Parenting support – Warwickshire County Council](#)
[Family relationships – Warwickshire County Council](#)





What is the Family and Relationship Team offer?

In Warwickshire, parents to be, parents, carers and grandparents have access to a variety of family and relationships resources and advice.

Support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

The programmes form part of the **Stepped Approach within Children and Families** which includes a **universal offer of workshops and programmes**, to be accessed in the first instance, which are facilitated by experienced staff, and free to all Warwickshire parents.

It is about helping families deal with any issues as early as possible.





Solihull Approach Online Guides

We offer a range of **free online parenting guides** designed to support parents/carers feel more confident, whatever the age of their child.

Parents/carers are in control of what they learn, at a time that suits them and at their own pace.

They can be done alone or with someone else, simultaneously or one at a time, it's their choice.

They can also be translated into many languages using ReachDeck online.

You can access the online guides via

<https://www.warwickshire.gov.uk/parentguides>

BEAR for free access

Online Offer: We offer a range of **Free online parenting guides** designed to support parents and carers feel more confident across all ages of childhood.

- Understanding the impact of the pandemic on your child
- Understanding the impact of the pandemic on your teenager
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home
- Understanding pregnancy, labour, birth and your baby
- Understanding pregnancy, labour, birth and your baby: for women couples
- Understanding your baby
- Understanding your child: from toddler to teenager
- Understanding your child with additional needs
- Understanding your teenager's brain
- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)
- Understanding your child's feelings (a taster course)
- Understanding your child's mental health and wellbeing
- Understanding your relationships

Parents can access **all** of these modules free using the code BEAR when prompted

[Free online courses to help parents feel more confident – Warwickshire County Council](#)





Universal Workshops

The Family and Relationships Support team offer a range of virtual and face-to-face workshops.

The programmes form part of the Stepped Approach within Children and Families which includes a universal offer of workshops and programmes, to be accessed in the first instance, which are facilitated by experienced staff, and free to all Warwickshire parents.

This is a general overview and if further support and advice is identified, contacts and referral pathways will be available at the end of the workshop

It is about helping families deal with any issues as early as possible.



**Warwickshire Family
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Universal Workshops

- **Understanding Your child**-Explores how positive parenting strategies can help support parents and carers to gain a greater understanding of children's behaviours and the needs behind them.
- **Rules and Boundaries**- Looks at some reasons why children behave the way they do and offers insight and strategies to help guide their behaviour. It will focus on how and why boundaries support children's development, parenting strategies that can be used to support these such as rules, praise, routines, to identify different parenting styles, to build an awareness of positive parenting and how to implement this in day-to-day life and looking after ourselves as parents and carers
- **Routines and Sleep**-Explores how and why routines support children's development, how to introduce a routine and use them effectively, routines and healthy sleep patterns.
- **Understanding Your Teenager**– Aims to enhance parent/carers relationships with their teenagers by building on parent/carers understanding of teenage development and behaviours. The workshop will provide parent/carers with parenting strategies to help create positive family relationships and healthy lifestyles and to increase parent confidence. We hope that by attending this workshop, parents will learn new ideas and techniques to respond to, and support their teenager in an understanding, positive and effective way, helping to make the sometimes-difficult teen years a little easier and more enjoyable.





Sleep Support

Sleep issues are common for children and young people and can have a huge impact on the quality of family life.

We offer **5- week sleep programmes** for parents/carers living in Warwickshire, delivered by Parent Mentors who have been trained by The National Sleep Charity.

Sleep Tight and Sleep Better- 5week programmes for children aged 2yr+

This programme provides parents and carers with support to help children who are experiencing sleep problems.

It offers individualised, detailed advice and support regarding the importance of sleep and understanding sleep cycles, as well as some of the common causes of sleep issues.

The programme provides helpful strategies to overcome these problems and establish appropriate bedtime routines. Additionally, we can offer pre-arranged support via telephone and reviewing of sleep diaries alongside the sleep programme.

The programme will cover:

- Causes of sleep issues
- The importance of sleep and understanding sleep cycles
- Strategies to overcome sleep problems
- Establishing appropriate bedtime routines
- The importance of bedroom environment and positive parenting





Universal Programs

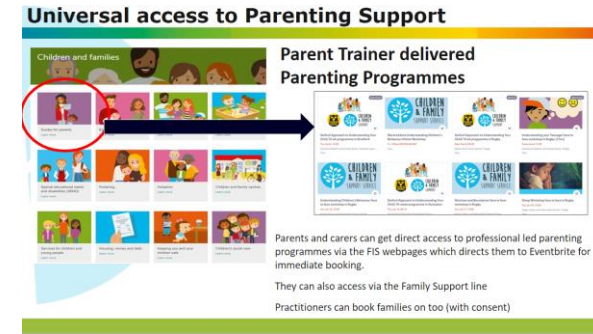
Nurture Program (Developed by Centre for Emotional Health)

The 10-week Nurture Programme gives parents and carers practical tools and information to support them to raise happy, confident and emotionally resilient children.

Suitable for parents/ carers of **children up to 12 years of age**.

Throughout the programme we will cover many of the common parenting issues and offer advice that will help you:

- Gain confidence and develop insight by understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Explore different positive parenting strategies to help guide behaviours
- Find different ways to develop co-operation and emotional regulation in children
- Learn the importance of looking after themselves as parents and carers.



The course runs 2 hours per week for 10 weeks. This programme provides adults and children with the understanding, skills and ability to **lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships**.

It supports parents and carers with a deeper understanding of why children behave as they do and helps them to explore different ways to guide children's behaviour.

[Warwickshire Family and Relationship Support Events | Eventbrite](#)





Universal Programs

Understanding Your Child (developed by The Solihull Approach)

'Understanding your child' is intended for parents and carers who want to know more about sensitive and effective parenting. It aims to develop a framework of thinking about parent/child relationships that can be developed into a lifelong skill. This in turn promotes effective behaviour management.

The programme explores issues such as:

- Tuning into children
- Exploring feelings
- Parenting Styles
- Communication and what may be being communicated through behaviour
- Temper tantrums and anger - why they happen and how to support your children to regulate their emotions
- Sleep
- Behavioural difficulties



**Warwickshire Family
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Universal access to Parenting Support

The diagram illustrates the process of accessing parenting support. It starts with a website titled 'Children and families' which has a grid of icons. One icon is circled in red, and an arrow points from it to a page titled 'Parent Trainer delivered Parenting Programmes'. This page shows several program listings. Below the diagram, text explains that parents and carers can get direct access to professional led parenting programmes via the FIS webpages which directs them to Eventbrite for immediate booking. It also notes that they can access via the Family Support line and that practitioners can book families on too (with consent).

Parents and carers can get direct access to professional led parenting programmes via the FIS webpages which directs them to Eventbrite for immediate booking.

They can also access via the Family Support line

Practitioners can book families on too (with consent)

This programme aims to promote parent's understanding of behaviour in the context of their child's development.

It promotes the relationship between child and parent and acknowledges that parenting can be challenging.

One of the main aims and outcomes, reported by parents who have attended the programme, is that **it increases their confidence as a parent and helps them to respond to their children's needs and behaviours in a way that is beneficial to both child and parent.**

[Warwickshire Family and Relationship Support Events | Eventbrite](#)

eventbrite





Parenting Teenagers Programmes

Talking Teens (developed by Centre for Emotional Health)

The aim of the Talking Teens programme is to enhance parent/carers relationships with their teenagers.

The groups focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict.

Sessions look at:

- Being a parent of a teenager and responding to difficult feelings
- Understanding your teenager and teen development
- Communicating with your teenager and handling difficult conversations
- Managing conflict and problem solving



The 4-session runs for 2 hours a week for 4 weeks and provides support to manage challenges, enabling parents to have a calmer, happier family life.

A tried and tested programme, it helps parents to think about what they do, why they do it, how it makes them feel and explores common questions that many parents/ carers have.

[Warwickshire Family and Relationship Support Events | Eventbrite](#)



**Warwickshire Family
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Universal Support for Co-Parenting

NEW Parenting Together Workshops

What is it?

This workshop recognises that parenting can be a hard role, especially in today's challenging world of a cost-of-living crisis, post pandemic with ever increasing stressors. Arguments and disagreements in parenting relationships are normal, however if it is frequent, intense and poorly resolved it may impact on the outcomes of children. This is an introductory workshop following our stepped approach to supporting families in Warwickshire and is about helping families deal with any issues as early as possible.

Who is it for?

The Parenting Together workshop is for parents (including expectant parents) of children 0-19 (25 with SEND) living together and those living apart. It is suitable for co-parents in separate homes, single parents supported by other adult carers, extended families, and blended 'step' families. The word "parents" is used to refer to anyone in a parenting role, including foster carers, grandparents, etc.

Aims and outcomes:

This 2-hour introduction workshop aims to:

- Support a better understanding of how interparental relationships and communication can impact on children and young people.
- Provide opportunities to explore and discuss common triggers for disagreements and conflict such as parenting styles, finances, housing and wider family members and friendships.
- Identify the difference between destructive and constructive communication and how this can impact on effective co-parenting relationships.
- Explore some strategies for managing effective co-parenting and keeping children in mind.
- Providing an opportunity for parents to share their experiences with others.
- Signposting and support available for parents and carers in Warwickshire through the Family and Relationship Support Team.

All dates are on Eventbrite [Warwickshire Family and Relationship Support Events - 26 Upcoming Activities and Tickets | Eventbrite](#)





Universal Support for Co-Parenting

Keeping The Child in Mind-Adults Working Together- (developed by Centre for Emotional Health)

This program acknowledges that parenting can be a hard role, and when there is tension or conflict between parents this can be even harder. Conflict in relationships is normal, but when it is frequent, intense and poorly resolved it can impact on the outcomes of children.

The groups focus on relationships within the family, and particularly the influence of parental relationships on children, including when there might be conflict and tension.

The word “parents” is used to refer to anyone in a parenting role, including foster carers, grandparents, etc.



The key aims of the 4 sessions are to support parenting through developing the relationship between parents/carers and children by:

- Exploring the importance of positive relationships within families.
- Developing parents’ understanding of the importance of the 4 constructs to support their parenting.
- Developing parents’ understanding of the impact of their interpersonal relationships on children and young people.
- Promoting positive approaches to reducing parental conflict.
- Providing an opportunity for parents to share their experiences with others.



**Warwickshire Family
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eventbrite

[Warwickshire Family and Relationship Support Events | Eventbrite](#)



Universal Support for Co-Parenting Provided by Race Equality Network

Free access 6 week online course with weekly facilitated group discussion (funded free places until December 2024).

The Strengthening Families, Strengthening Communities, Stronger Relationships online course is suitable for parents living together and those living apart with children aged 0 to 18 (including expectant parents). Two versions of the course are available, one for 'parents living together' and for 'parents living apart'. The course reflects different family living and childcare arrangements: co-parents in separate homes, single parents supported by other adult carers, extended families and blended 'step' families. It offers relationship and communication enhancing techniques to all families, whether they are struggling with disagreements now or not, to help co-parents cope with stressful situations and periods of time ; ideally, **it should be offered to both co-parents or main adult carers; referrers should contact/refer both co-parents to the Course, if possible.**

It can also support parents who are considering, are in or have been through family court to decide with whom a child will live or spend time with. Our online course covers conflict which has any one or more of the following elements:

- A high degree of anger, mistrust, or frustration
- Lack of respect
- Different parenting views
- A lack of empathy or inability to see the other's perspective
- Regular or extreme verbal arguments
- Long periods of refusing to communicate (except through a third party)
- Discussions which quickly escalate into arguments
- Difficulties for one or both parties to compromise or solve problems
- Loss of focus on the children

Co-parents can register for the course for free here:

<https://strengthening-families.net/reducing-parental-conflict/>

[Stronger Relationships Agency Flier](#)

[Stronger Relationships Parent flier](#)

[Stronger Relationships how to register flier for parents](#)

[Parent/referrer info video](#)

Stronger Relationships Online Course

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion



Information on strategies to identify and reduce arguments



Hear from other parents and carers



Downloadable worksheets and handouts



Videos, quizzes and interactive activities



Do sessions at a time that works for you



Weekly support from our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk
www.strengthening-families.net



If you need any help, email us at sfscparent@racefound.org.uk or call us on 07708360561





Extra Support for Separated Parents

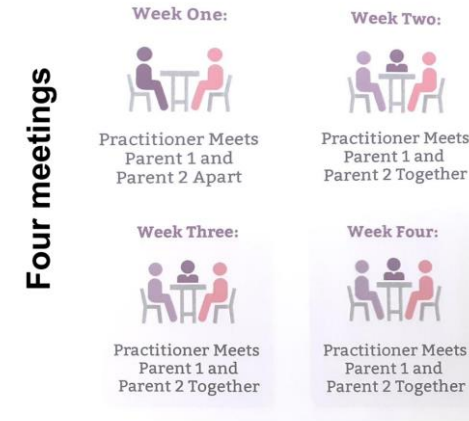
The Parenting Apart Programme -Separation and divorce is one of the hardest things to experience in family life. This aims to support parents to develop a healthy and successful co-parenting relationship.

Parents benefit **from consideration of the stepped approach and for the best possible outcomes;**

It is important that firstly, work is undertaken with parents to support them with **recognising and understanding the impact of parental conflict/poor communication and co-parenting skills on children** and gain some skills to break the conflict cycle, to improve communication/co-parenting skills, before embarking on the Parenting Apart Program.

Referrals will only be accepted if BOTH parents have accessed RPC work and consent to the referral.

<https://forms.office.com/r/fvcnJnUEWW>



The primary focus of The Parenting Apart Programme is to enable parents to develop a healthy and respectful working parent relationship (PWA). The PWA outlines all the details of the children's wishes, emotional and physical wellbeing covering practical issues including transition of care, childcare arrangements, residency, holidays, and schooling.

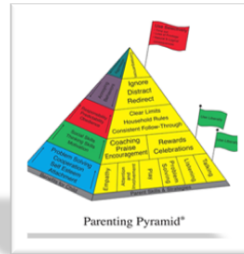




Extra Support for Parenting

The Incredible Years (14 weeks) and the STOP (13 weeks) programmes are evidence-based, group parenting programme interventions, which focus on supporting parents to strengthen their core relationship with their child/teenager and to break negative parent-child interaction cycles.

The programmes form part of the Stepped Approach within Children and Families which includes a universal offer of workshops and programmes, to be accessed in the first instance, which are facilitated by experienced staff, and free to all Warwickshire parents.



Incredible Years
Carolyn Webster-Stratton, Ph.D.

For children aged 3-12 years:

- To improve the parent-child relationship
- To strengthen parenting competencies
- To promote children's academic, social and emotional skills
- To reduce conduct problems.

Referrals will reopen in June 2024 for groups starting September 2024.

Treatment aims



For children aged 10-16 years:

- Obtain a greater understanding about the development process of pre-teen/teenagers
- To have a greater awareness of listening skills
- To have a greater awareness of encouragement and praise skills
- To provide practical strategies to use with the young person
- To become more effective in dealing with confrontations with the YP
- To have more realistic expectations of themselves as parents
- To have a greater awareness of the peer influences on the YP