

Tower Hamlets

Parent and Family Support Service

Parenting programmes

Parenting programmes are a source of support for all parents and offer an opportunity to share experiences, develop an understanding of child development, build positive relationships and learn to deal with challenging behaviour.

PROGRAMME	AGE RANGE	INFORMATION
Strengthening Families Strengthening Communities (SFSC)	2-18 years	Aims to increase parental self-esteem and confidence and reduce child behavioural difficulties. Five sessions, shortened version adapted for online. Also available in Bengali and Somali. Evening programme in English.
Triple P Teen	12-18 years	For parents to foster positive relationships with their teenager or for those who have concerns about problem behaviour, non-cooperation and aggression or wish to prevent behavioural problems from developing. Eight sessions.
Triple P Group	18 months-11 years	For parents who wish to build positive relationships with their child, increase self-confidence and develop their skills and techniques for dealing with difficult behaviour. Eight sessions.
Triple P Family Transitions	Birth-18 years	For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting. Eight sessions.
Triple P Online	18 months-11 years and 12-18 years	An individual online programme for parents to access and complete at their own pace. Practitioner support and guidance to complete the programme is available on request.
Emotional First Aid	All parents	Offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing. Six sessions.
Speakeasy	5-18 years	For parents to develop the skills and confidence to talk to their children about growing up, relationships and keeping safe. Explores how Relationship and Sex Education (RSE) is taught in schools and the influence on children from media and peers.
The Parent Factor in ADHD	5-18 years	A programme for parents with children diagnosed with attention deficit hyperactivity disorder (ADHD). The course will cover information to help understand the diagnosis and treatment, strategies to support your child and manage difficult behaviour and how to advocate on your child's behalf within the education system.

Triple P discussion groups

For parents of children aged 2-11 years

- Encouraging positive behaviour
- Managing fighting and aggression
- Developing good bedtime routines

For parents of children aged 12-18 years

- Dealing with emotional behaviour
- Reducing family conflict
- Getting teenagers to co-operate

PLUS!

New parenting workshops to come including:

- Promoting children's emotional wellbeing
- Parenting as a single parent
- Keeping our children and young people safe
- Hassle-free mealtimes with children

Get in touch

To talk to a parenting practitioner for advice, to book a place or to make a professional referral contact the Tower Hamlets Parenting Team (part of the Parent and Family Support Service):

Email: parenting@towerhamlets.gov.uk Tel: 020 7364 6398