

East Sussex Countywide Parenting Support

The ESCC Parenting Team are NOW delivering FREE simple, practical, online Webinars and Discussion Groups to **ALL parents in East Sussex** - helping to raise happy, confident children; set family routines and rules that everyone can follow and balance work and family life with less stress.

Parents can access as much or as little as they like, and just small changes will make a big difference!

The Parenting Team are using Microsoft Teams which is free to download and accessible from phones, tablets and laptops!

Once parents have joined the discussion, they can choose to have microphones and cameras either on or off (whichever they are more comfortable with) but we do encourage some face to face with the other parents as the more they engage – the more supported and confident they will feel!

DISCUSSION GROUPS:

Getting your Child into Bed (and staying there for the night!) (2-12)

Explores common bedtime problems, why they happen and how to prevent them. Includes information around parent traps, creating your own bedtime routines and managing problem behaviour.

Wednesday 16th December 1-3pm

Friday 22nd January 10-12pm

Dealing with Disobedience (Getting Your child to Listen) (2-12)

All children misbehave at times and we all face those moments when children will not do as they are told. This very popular session helps parents to teach their children limits, do as they are told and understand the meaning of the word *No*.

Friday 20th November 12-2pm

Friday 11th December 12-2pm

Monday 25th January 12-2pm

Monday 11th January 12-2pm

Managing Fighting and Aggression (2-12)

When children fight there is a risk that somebody could get hurt so teaching your children clear limits and boundaries is important. This session will show you how to encourage your children to play well together, problem solve and solve arguments without parents always needing to be involved.

Friday 27th November 12-2pm

Monday 21st December 1-3pm

Monday 18th January 10-12pm

Friday 29th January 10-12pm

Challenging Behaviour in Public (2-12)

Positive parenting strategies are discussed as step by-step suggestions for preventing problems and teaching children how to behave when out and about. Parents develop personalised plans to manage problem behaviour and are encouraged to use them in potentially difficult community situations.

**Monday 23rd November 1-3pm
2:30pm**

**Wednesday 2nd December 12:30-
Monday 4th January 12:30-2:30pm**

Building Teenagers Survival Skills for Risky Situations (10+) Talking to teenagers about risky situations can be tricky as they often believe parents are overreacting. For example, is your teenager looking to go on a sleepover to their friends' house that you don't know? Teenagers need to be able to recognise risky situations, have a plan for coping with these or avoid more dangerous situations.

Wednesday 9th December 1-3pm Wednesday 13th January 1-3pm

Reducing Family Conflict (10+) Increased conflict with children during their teenage years is common but can be upsetting for the whole family. This discussion group gives some positive parenting suggestions to help teach your teenager how to get along with others in the family without constant fights and arguments.

Monday 30th November 1-3pm

Wednesday 27th January 1-3pm

Getting Teens to Cooperate (10+) Teenagers are known to become less cooperative during their transition from child to adult. These changes can cause conflict between the parent and the teen. This session will give strategies on how to teach your teen to be more polite, cooperative and to behave appropriately.

Monday 23rd November 10-12pm
Friday 8th January 12-2pm

Friday 18th December 12-2pm
Wednesday 20th January 1-3pm

Coping with Teenagers' Emotions (10+) The transition from child to adult can often make teenagers highly emotional. Parents may find this upsetting and difficult to manage as it can cause disagreements and frustration for everyone. This session will give ideas on how to develop your teens coping skills and emotional resilience.

Monday 16th November 10-12pm
Friday 15th January 12-2pm

Monday 14th December 1-3pm

E-Safety (2-12)

Children are learning more and more about the internet at a young age with 55% 3-4-year olds having access to tablets and the internet. With these rising figures, children are increasingly vulnerable to online dangers. This session will teach you how to talk to your child about E-Safety and gives lots of useful tips and tricks on how to keep them safe online.

Wednesday 25th November 1-3pm
3pm Friday 8th January 12-2pm

Monday 7th December 1-

E-Safety (10+)

Teenagers use digital technologies for everyday activities like keeping in touch with friends on social media, relaxing and doing schoolwork. Because they're online so much without your supervision, teenagers need to be able to identify acceptable and unacceptable online content independently. They also need to know how to behave respectfully online and avoid online risks.

Monday 30th November 10-12pm
Wednesday 6th January 1-3pm

Friday 4th December 12-2pm

POSITIVE PARENTING WEBINARS:

The Power of Positive Parenting (2-8)

This seminar is perfect for new parents or those who need a refresh! It introduces parents to the five key principles of positive parenting that form the basis of Triple P.

Tuesday 1st December 1-2:30pm Wednesday 16th December 4-5:30pm

Thursday 7th January 1-2:30pm Thursday 21st January 1-2:30pm

Supporting Secondary School (10+)

Gain practical advice on how to support your teen in developing independence and resilience in their new school.

Wednesday 18th November 4-5:30pm Thursday 3rd December 1-2:30pm Tuesday 22nd December 1-2:30pm

Tips and Tricks for Successful School Life! (2-12)

Often the more supported a child feels at home the better they achieve in school. Come and receive top tips for developing independence, problem solving and communication skills – all of which are essential for having a successful year at primary school.

Tuesday 17th November 1-2:30pm Wednesday 2nd December 4-5:30pm Thursday 17th December 1-2:30pm
Tuesday 12th January 1-2:30pm

Managing Anxiety and Raising Resilient Children (2-12)

This session is for parents who want to develop their child's understanding of feelings and appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve and cope with stressful situations – turning challenges into opportunities!

Tuesday 8th December 1-2:30pm Thursday 14th January 1-2:30pm

Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing or you want support and advice to help build a positive relationship with your child, we can help.

Check out our website and Facebook page for regular updates on available courses and events. www.openforparents.org.uk and <https://www.facebook.com/OpenforParents>.

Please call the team on [01424 725800](tel:01424725800) or email info@openforparents.org.uk for further support.

Kind Regards

ESCC Parenting Team.