

Vale Parenting Service – Group Information

Course Title	Length of Group	Description	Criteria
Welcome to the World	6 weeks	The aim of the programme is to improve attunement and bonding and promote parental wellbeing as well as improving knowledge and skills in breastfeeding and practical care of babies. Topics include empathy and loving attentiveness, infant brain development, healthy choices, managing stress, promoting self-esteem and effective communication.	From 22 weeks of pregnancy
Baby's First Year	6 weeks	Supports and promotes engagement by offering an opportunity for new parents and their babies to interact with each other in a nurturing and positive environment; as well as providing information on relevant agencies and support networks available in the local community. The group focuses on ways in which to promote play opportunities and relationships during the babies first year.	First time parents; up to 6 months old.
Nurturing Workshop	4 weeks	Increases understanding of the importance of attunement, play, empathy, communication and focuses on positive approaches to discipline and emotional wellbeing in children's development. The workshop acts as a stand-alone programme or a stepping stone into the full 10 week Nurturing programme and is targeted at the younger age range.	1-3yrs
Nurturing Programme	10 weeks	Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and focuses on four constructs; self-awareness, appropriate expectations, positive discipline and empathy.	18 months - 10yrs
Handling Children's Behaviour	8 weeks	Explores the stages of child development and promotes a better understanding of challenging behaviours. Supports the parent to establish good rules and boundaries with strategies to promote wanted behaviour and	3 – 10yrs

		continue to build healthy relationships.	
Handling Teenage Behaviour	8 weeks	Explores the stages of child development within the teenage years and promotes a better understanding of teenage behaviour. Supports the parent to establish good rules and boundaries with strategies to promote wanted behaviour and continue to build healthy relationships.	11yrs +
Talking Teens	4 weeks	The programme develops parents understanding of teenage development and the influence of brain development on behaviour. It promotes positive approaches to boundary setting and problem solving while encouraging the importance of listening, verbal and non-verbal communication.	11yrs +
STEPS	5 weeks (1 full day each week)	The programme promotes confidence as a parent and supports adults to recognise the skills that can empower their children. It focuses on increasing understanding of how the mind works, and why we think in certain ways; therefore allowing us to recognise and overcome personal barriers in order to break behavioural cycles and set goals for the future.	None
Talk Learn Do	1 week	Provides parents with advice and strategies to help promote their children's money management skills.	Parent to have attended Nurturing Programme previously