



**FAMILY HUB**  
EAST SUSSEX

# Parenting Team

# What's

# on?

**FREE ONLINE webinars & groups to support  
PARENTS & CARERS**

**OCTOBER TO DECEMBER 2024**



# CONTENTS

To book onto any of our free webinars or groups, please email your name and the title and date of the webinar or group you wish to attend to:

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

or call 01424 725800 to discuss options

- Meet the parenting team.....Page. 2

## WEBINARS- 90MINS TO 2 HOURS

- The power of positive parenting.....Page.4
- **NEW!** Oral health.....Page.5
- Encouraging positive choices & Managing conflict.....Page.6
- Learning about Neurodivergent children.....Page.7
- The importance of play.....Page.8
- Managing anxiety & raising resilient children.....Page.9

## GROUPS- 6 to 8 weeks, 2 hours per week

- Triple P Fear-Less 10+.....Page.11  
(moderate to severe anxiety)
- National Autistic society- Teen Life.....Page.12  
( children 10+ with autism)
- STOP parenting course.....Page.13  
(10+ pre teens/ teens)

# Meet the Parenting Team!



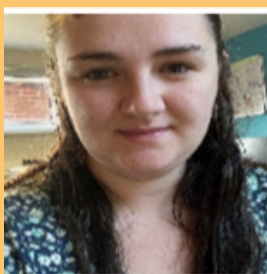
Ann Marie



Sarah



Gemma



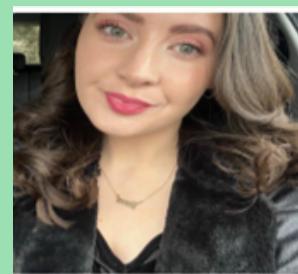
Carly



Helen



Sophie

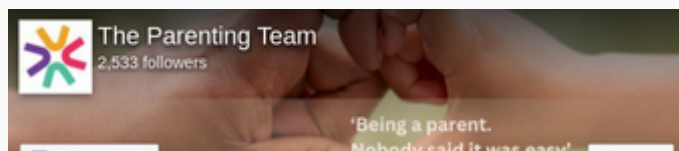


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**Being a parent is not always easy. You are not alone if you find it difficult sometimes. But it's OK. You can talk to us.**

**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 & 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.**



[https://www.facebook.com/  
TheParentingTeam](https://www.facebook.com/TheParentingTeam)



#### Activities and courses

Free parenting courses and activities for children and teenagers in East Sussex.

[eastsussex.gov.uk](http://eastsussex.gov.uk)

[https://familyhubs.eastsussex.gov.uk/  
activities](https://familyhubs.eastsussex.gov.uk/activities)



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# The power of positive parenting

Appropriate for children aged 2-10 years



**This webinar is perfect for new parents/carers, or those who need a refresh!**

**It introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are: –**

- Ensuring a safe, engaging environment
- Creating a positive learning environment
  - Using assertive discipline
  - Having reasonable expectations
- Looking after yourself as a parent

**Tuesday 1st October 6:30 to 8:00pm**

**Monday 4th November 10:00 to 11:30am**

**Wednesday 11th December 10:00 to 11:30am**

# **NEW! Oral Health**

**with H.A.L.O (healthy active little ones)  
Appropriate for children aged 0-12 years**



**Do you have a regular battle with brushing your child's teeth?  
This session is for parents/ carers who want oral health support. Gain knowledge & practical advice on developing healthy habits around toothbrushing, sugary foods & bespoke support for children with SEN. The session will provide families with ideas on how to build positive outcomes for your child's health & well-being.**

**As part of attending the session, families will receive a complimentary toothbrush pack for their child/ children.**

**Monday 7th October 12:30 to 2:00pm  
Tuesday 26th November 6:30pm to 8:00pm**

# Encouraging positive choices & managing conflict

Appropriate for children aged 2-10 years



**Taking turns, waiting, following instructions, getting along with others, and being told “no” can be hard, especially for younger children.**

**As they grow, the emotional centre of their brain is developing.**

**They're always learning, & tantrums are a normal way to express themselves. If you're wondering how to get your child to co-operate without yelling, it helps to start to understand what could be making them behave this way.**

**This very popular session helps parents/carers to teach their children limits, make good choices and build a strong bond through effective communication.**

**Tuesday 22nd October 12:30 to 2:30pm**

**Monday 18th November 10:00 to 12:00**

**Tuesday 17th December 6:30 to 8:30pm**

# Learning about Neurodivergent children

Appropriate for children aged 2-19 years



This session is for parents/carers who want to develop their understanding and knowledge of different types of neurodivergence and ways to support Neurodivergent children.

## Topics include:

- What is Neurodivergence?
  - Autism & ADHD
  - Common types of neurodivergence
- Pathological Demand Avoidance (PDA)
  - Sensory Sensitivities
- Understanding meltdowns & best ways to respond.

Tuesday 30th July 6:30 to 8:30pm

Tuesday 27th August 10:00 to 12:00pm

Monday 23rd September 12:30 to 2:30pm



# The importance of play

Appropriate for children aged 2-10 years



**Let's talk about play! What is it and why is it so important?**

**Play is an essential tool that can help to support our child's core skills such as social, cognitive, physical, emotional & creative skills.**

**This webinar discusses ways in which we as parents/carers can get involved & encourage our children to play in ways that help to develop their confidence, self-esteem, curiosity & independence.**

**Play & learning go hand in hand.**

**Thursday 3rd October 10:00 to 11:30  
Wednesday 13th November 10:00 to 11:30  
Tuesday 17th December 12:30 to 2:00pm**

# Managing anxiety & raising resilient children

Appropriate for children aged 2-12 years



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

**Thursday 10th October 10:00 to 12:00  
Tuesday 12th November 10:00 to 12:00  
Wednesday 4th December 12:30 to 2:30pm**



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# STOP

## Teen programme for parents Appropriate for pre teens/teens 10-16 years

The course aims to improve family communication through learning how to listen & de-code what your teen is really saying or needing. STOP covers effective behaviour management skills & teen brain development which will help you to feel in control whilst still sensitively responding to your teen's needs. The STOP Programme also gives information on key parental concerns for this age group such as drugs, drink, sexual health & aggression in young people. This course is mindful of parents/carers needs & emotions as well as the teenagers.

Tuesday 19th November to Tuesday 14th January  
10:00 to 12:00  
(7 sessions over 9 weeks)

# Teen Life

by the

## National Autistic Society

Appropriate for pre teens/teens 10-19 years

Teen Life is a programme for parents/carers of autistic young people aged 10 to 16 years from the national autistic society.

This programme empowers parents to understand more about autism in pre-teens & teens.

The aim of the Teen Life programme is to bring parents/carers together to share information, experiences & ideas in a supportive environment. Teen Life focuses on the importance of autistic perspectives, with a variety of videos & quotes used throughout the sessions from autistic young people.

Wednesday 20th November to Wednesday 15th January

6:30–8:30pm

(7 sessions over 9 weeks)





## **Fear- Less 10+**

**For parents/carers with children experiencing moderate to severe anxiety**  
**Appropriate for pre teens/teens 10-19 years**

**Fear-Less Triple P is designed for parents/ carers of children with high levels of anxiety that cause significant distress or negatively impact on their everyday lives.**

**Fear-Less Triple P has four main goals:**

- **To help parents/carers set a good example of coping with anxiety**
  - **To assist parents/carers to coach all their children to become emotionally resilient**
  - **To help parents/carers develop a toolbox of strategies for supporting children to manage their anxiety more effectively**
- **To help parents/carers choose effective ways to respond to their children's anxiety**

**Thursday 21st November to Thursday 23rd January**  
**10:00-12:00pm**  
**(8 sessions over 10 weeks)**

# Get in touch

Do you have any questions?



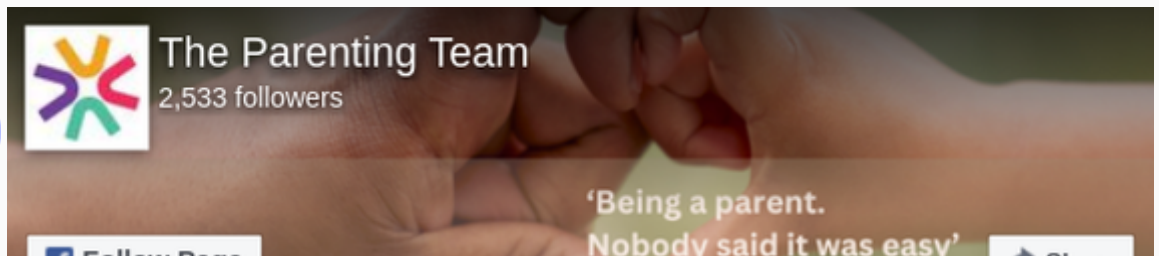
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