

Worcestershire Parenting Service

Groups for Parents

Being a parent is one of the most rewarding things in the world, yet at times it can also be incredibly challenging.

Our courses give you opportunities to build confidence, consider additional strategies, gain advice/support and to meet others.

So whether you have a baby, toddler, pre-teen or a fully grown teenager, we have a variety of free sessions for you as parents and carers to get the most from family life - we are here to help.

Please view more information online:
[www.worcestershire.gov.uk/
groupsforparents](http://www.worcestershire.gov.uk/groupsforparents)

Bromsgrove call Pear Trees Children's Centre on 01527 835775

Malvern Hills call Sunshine Children's Centre on 01684 577442

Redditch call Holly Trees Children's Centre on 01527 61360

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Worcester City call Buttercup Children's Centre on 01905 758411

Wychavon (Droitwich, Evesham and Pershore) call WANDS Children's Centre on 01905 827391

Wyre Forest call 10:32 Brookside Children's Centre on 01562 827207

HOW
ACTION FOR
CHILDREN
WORKS

Believe in
children
Barnardo's

Devonshire Institute of
worcestershires
county council



Bromsgrove
District Council
www.bromsgrove.gov.uk

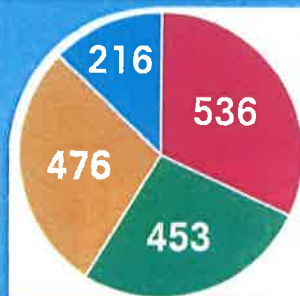
REDITCH CHILDREN'S CENTRE
making
diff a
difference
www.reditchbc.gov.uk

Parenting Infographic

April 2017 - March 2018

1,150 Parents attending courses

75% Improved parenting capacity



Age of children impacted

- 0 - 1 years
- 2 - 5 years
- 6 - 12 years
- 13 - 19 years



62% Of targeted parents attending parenting courses

149 Courses taken place for parents

Here's what the parents said

'Incredible Years has been an incredible experience and even life changing. Lots of coping strategies have been learnt in a non-judgemental environment. Every parent should do this programme.'

'This course is working wonders with my son now he realises mummy likes to play with him as I found it hard before so thank you for helping me make that bond with him. It's an amazing feeling.'

'Different parenting types - it has made me think a lot about how life has been for my children for many years'

'Looking forward to helping my baby interact with others and watch her develop'

'Doing the course with you guys has helped me change my life with Charlie - the way we do more things together.'

'I have found that I am a lot calmer around the kids, no shouting'

'It has really built my confidence'

'The group sessions were useful as it helps show that there are other people in the same boat as me and showed me how I am feeling and what I have brought forward from my life'

'Came to the course thinking it was not for me. But my view has changed, learnt a lot, enjoyed. Thank you so much to the tutors'

'Choices and consequences make much more sense than angry threats! Explaining patiently makes me feel better and keeps things calm so they don't spiral'

'Fun, chatty, easy going, feel more relaxed than any other group I have ever tried and failed to go to'

'Everything was amazingly helpful. The course especially improved my self-esteem as a parent and in my general life'

I have really loved the course. It has been really thought provoking and interesting. It's such a warm and friendly atmosphere. I'm planning to implement a reward chart at home. I praise my husband and son more.'

'I've enjoyed learning new skills for me and my children. Meeting others with the same problems and putting a new perspective into our family.'

'The facilitators have been amazing and made it really easy to learn. I found the section on sugar really useful and the section about feelings as well. We're trying to spend more time outside getting fresh air. Making sure my son has healthy meals.'





Do you live in Worcestershire?

FREE online courses for all residents!*

Understanding Your Child

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Pregnancy, Labour, Birth and Your Baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS professionals.

Understanding Your Baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

*Funded by Worcestershire County Council until end of March 2020

Solihull.approach@heartofengland.nhs.uk

(+44) 0121 296 4448

www.solihullapproachparenting.com www.inourplace.co.uk



**Written by Psychologists,
Psychotherapists, Health Visitors
& NHS and Educational professional
Award winning • Not for Profit**



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Coupon Codes:

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