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| **West Autumn Term Virtual Parenting Programmes** | | | | | | | | |
| Being Passionate about Parenting the Early Years. 1-3 yrs | 10-11.30 | Tuesday | 10/11/2020 | 17/11/2020 | 24/11/2020 |  |  |
| Being Passionate about Parenting.  5-11 yrs | 10-11.30 | Thursday | 26/11/2020 | 03/12/2020 | 10/12/2020 |  |  |
| TAKE 3 12-16 yrs | 6:00-8:00 | Wednesday | 4/11/2020 | 11/11/2020 | 18/11/2020 | 25/11/2020 | 2/12/2020 |
| Being Passionate about Parenting with an awareness of ADHD. 5-11 yrs | 10-11.30 | Tuesday | 17/11/2020 | 24/11/2020 | 01/12/2020 |  |  |
| Being Passionate about Parenting with an awareness of the Spectrum.  5-11 yrs | Evening  6:30 -8:00 | Wednesday | 4/11/2020 | 11/11/2020 | 18/11/2020 | 25/11/2020 |  |
| Being Passionate about Parenting with an awareness of the Spectrum  5-11 yrs | Evening  6:30-8:00 | Wednesday | 4/11/2020 | 11/11/2020 | 18/11/2020 | 25/11/2020 |  |

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| **West Virtual Parenting Programmes January 2021.** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Programme** | **Time** | **Day** | **Week 1** | | | | | | **Week 2** | | | | | | **Week 3** | | | | | | **Week4** | | | | | | | | **Week 5** | | | | | | |  | | | |
| Being Passionate about Parenting the Early Years. 1-3 yrs | 10-11:30 | Thursday | 21/01/2021 | | | | | | 28/01/2021 | | | | | | 04/02/2021 | | | | | |  | | | | | | | |  | | | | | | |  | | | |
| Being Passionate about Parenting   5-11 yrs | 6-00-7:30 | Wednesday | 13/01/2021 | | | | | | 20/01/2021 | | | | | | 27/01/2021 | | | | | |  | | | | | | | |  | | | | | | |  | | | |
| TAKE 3  12-16 yrs | 9:30-11:30 | Tuesday | 12/01/2021 | | | | | | 19/01/2021 | | | | | | 26/01/2021 | | | | | | 02/02/2021 | | | | | | | | 09/02/2021 | | | | | | |  | | | |
| Being Passionate about Parenting with an awareness of ADHD  5-1yrs | 6:00 7:30 | Thursday | 14/01/2021 | | | | | | 21/01/2021 | | | | | | 28/01/2021 | | | | | |  | | | | | | | |  | | | | | | |  | | | |
| Being Passionate about Parenting with an awareness of the Spectrum  5-12yrs | 10:00 –11:30 | Wednesday | 20/01/2021 | | | | | | 27/01/2021 | | | | | | 03/02/2021 | | | | | | 10/02/2021 | | | | | | | |  | | | | | | |  | | | |
| Teenage brain  12-17 years | 6:00 - 7:30 | Tuesday | 19/01/2021 | | | | | | 26/01/2021 | | | | | | 02/02/2021 | | | | | |  | | | | | | | |  | | | | | | |  | | | |
| Incredible Years | 09:30 -11:30 | Thursday | 7/1 | | 14/1 | | 21/1 | | | | 28/1 | | 4/2 | | | | 11/2 | | 25/2 | | | | 4/3 | | 11/3 | | 18/3 | | | | 25/3 | | 1/4 | |  | | |
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**Being Passionate about Parenting the Early Years**

A 6-hour workshop for Parents / Carers of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carer. Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc. This workshop is delivered on a need led basis. Ideally it will be delivered on a monthly in each Locality across the County.

**Being Passionate about Parenting 5-11years**

A 6-hour workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behavior management that often gives those who attend confidence to engage with other support on offer.

**Being Passionate about parenting with a basic introduction and awareness to ADHD**

A 6-hour workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behavior management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviors from your young person’s perspective and supporting them with practical strategies and top tips.

**Being Passionate about parenting with a basic introduction and awareness of the Spectrum**

A 6.5-hour workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behavior management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes:-  Fact and Fiction about the Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviors from your young person’s point of view.

**TAKE 3**

A 10 hours workshop parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work

**Being Passionate about the teenage Brain**

A 6-hour workshop for Parents / Carers of young people aged 12 to 17(Secondary years 7 to 11). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims of the workshop include: - To build relationships with our young people. To develop positive strategies to support behaviour management. To provide support, information and confidence to Parents/ Carers. Topics in this workshop include: -Boundaries and communication, emotions, keeping calm, praise, the teenage brain, parenting styles etc. This workshop is delivered on a need led basis. Ideally it will be delivered on a monthly basis in each Locality across the County.

**Incredible Years**

Is a 2-hour programme which is being facilitated virtually, across 12 weeks. The programme will support parent/carers to manage difficult behaviour. The aim of the programme will include, positive parenting, developing strategies and techniques to support behaviour management, establishing routines and boundaries, play, raising self esteem and confidence to strengthen relationships.