

Sheffield Parenting Hub has a range of programmes available to all. These are specifically designed for parents and carers of children with SEND.

Seminars

These are one off sessions that last 90 minutes targeted at a universal level for parents of children aged 0-12. They give parents strategies that they can go away with to use with their child. They are often delivered in schools and community venues.

0-12 SEND - Helping your Child Reach their Potential

This seminar looks at ideas to support parents to help their child get off to a good start by looking at:

Choosing a skill to teach | Break the skill into steps | Choose rewards | Decide when and where to teach | Use effective teaching strategies | Keep track and review progress



0-12 SEND - Changing Negative Behaviour into Positive Behaviour

This seminar looks at common behaviour problems and key steps to manage them:

Track the behaviour | Understand why behaviour is occurring | Change events that occur before the behaviour | Encourage alternative behaviour | Put your plan into action

0-12 SEND - Positive Parenting for Children with a disability

This seminar promotes strategies for helping parents raise healthy well-adjusted children by looking at:

Parents Hope and Dreams | Developmental delay and disability | Some realities of being a parent | Children's behaviour, the tough part of being a parent | What is positive parenting? | Seven Key principles of being a parent.



Group Programmes

These are evidence based programmes delivered weekly, over a number of weeks. All our programmes are based on research and extensive international evaluations into their effectiveness. These are for you if you want to go into more depth, explore what works for you and your family, and get some tailored advice for your particular situation.

Groups are friendly and welcoming, and non-judgemental. You will have the opportunity to meet other parents and carers, discuss experiences and ideas. You will be supported to find the best solutions for you and your family.

Stepping Stones

Duration: 10 - 12 weeks

This programme is for parents of children 0-12 who have a child with a disability or additional need. The programme builds parenting skills for promoting children's development, social competence and self-control and is delivered in a group setting



Incredible Years ASD

Duration: 15 weeks

A 15 week programme for parents of children aged 2-8 years that may be displaying complex challenging behaviour. It tailors to each child's individual needs and their development. It strengthens parent-child interactions and attachment, reducing harsh discipline and fosters parents' ability to promote their children's social, emotional, and language development.

Incredible Years has been evaluated for over 30 years working with families of children with ADHD, ASD and Language delays all over the world and has been proven to work!

EPEC - Being a Parent of a Child with Autism Spectrum Disorder

Duration: 10 weeks

This course will help parents/carers of children with Autistic Spectrum Disorder. The programme explores ways of managing behaviour, raising self esteem and confidence. It is run by parent volunteers who have completed the Empowering Parents Empowering Children training and their experiences, backgrounds, skills and qualities make each session inviting and engaging.



Group Programmes continued

Triple P ASD

Duration: 15 weeks

A ten week programme of Teen Parenting and Mood Management strategies. Based on Triple P's proven parenting strategies, it gives ways to deal with the kinds of teenager behaviour problems & issues that can make family life stressful. It gives parents practical strategies around managing emotions and behaviours common in young people with ASD including strategies to identify and control feelings that can help with their child's emotional development.


Sleep Support

In partnership with Sheffield Children's Hospital sleep clinic, we offer sleep seminars and clinics for parents and carers.

These support you to look at the factors that impact on quality night-time sleep and full daytime alertness and give you tools and strategies to develop a sleep plan.

Parents / carers can attend a seminar which will provide you will the information and tools to tackle poor sleep. Following this, you have the option to book a one to one session with a sleep practitioner who will help you develop a plan for your specific situation, and work through the barriers that you may be facing.

For any further information, please contact us

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