

# Sheffield parent hub for every family



EMPOWERING PARENTS  
EMPOWERING COMMUNITIES



The Incredible Years



the sleep charity



All our interventions are evidence based,  
all materials are written by qualified psychologists who work with providers:

- **Triple P – Positive Parenting Programmes**
- **Empowering Parents Empowering Communities**
- **Incredible Years**
- **Timid to Tiger**
- **Cygnets**
- **Mellow Parenting**
- **Sleep Charity**

# YouTube and Social Media



Incredible Years Parenting Programmes - Incredible Years

Facebook: <https://www.facebook.com/SheffieldFamilyHubs>  
Instagram: <https://www.instagram.com/sheffieldfamilyhubs/>  
Twitter: <https://twitter.com/SheffFamilyHubs>  
YouTube: <https://youtube.com/@SheffieldFamilyHubs>



Supporting your young person with their GCSEs

[Sheffield Parent Hub Events | Eventbrite](#)

‘What On Guide?’ Termly newsletter advertising all we have on offer that term.

<https://www.sheffield.gov.uk/social-care/positive-parenting>

# Seminars

**Light touch information sessions, run weekly. 90 minutes long.**  
<https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Primary/0-12

Teen

SEND

Sleep

Dads Inc





**2 hours, looking at strategies through discussion, workbook exercises and video clips**

<https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

### Primary aged children:

- Triple P – Hassle Free Shopping
- Triple P – Dealing with Disobedience
- Triple P – Managing Fighting and Aggression
- Triple P – Good bedtime Routines
- Being a Parent Together workshop
- Being a Parent Workshop – in Community languages

### Secondary aged children:

- Triple P – Building Teenagers Survival Skills
- Triple P – Reducing Family Conflict
- Triple P – Getting Teenagers to cooperate
- Triple P – Coping with Teenagers emotions

### SEND:

- Additional Needs Discussion Group – 6 Topics

## Early Years and Primary Programmes

### Early Years and Start in Life Offer-

- Mellow Parenting
- Baby N Us Programme (New)
- Peri Natal Mental Health - Incredible Years Baby
- Incredible Years Baby plus
- Incredible Years Toddler

### Primary Age Programmes - looking at play, praise, positive strategies for managing behaviour

- **Incredible Years 3-8 years programme** – 15 weeks
- **Empowering Parents, Empowering Communities (EPEC)** Being a Parent peer led group, with Parent Group Leaders. Also have Community languages, Arabic, Mandarin and Roma.
- **Triple P – Positive Parenting Programme** 2-12 years group, 9 weeks,
- **Triple P Plus** - 2-12 Triple P +, CBT & anger management





- **Triple P Teen – Positive Parenting Programme:**

Helps parents cope positively with some of the common issues associated with raising a teenager, build a stronger relationship with their teenager, resolve conflict in the family, manage problem behaviour, help their teen stay safe.

- **EPEC – Living with Teenagers**

is led by trained EPEC (Empowering Parents, Empowering Communities) parent facilitators and aims to support parents to manage both their own and your teen's feelings, communicate and interact positively with their teen, use positive behaviour management strategies and manage parental stress.

# SEND Offer

## Programmes

- Incredible Years Autism and developmental language disorder ((DLD - run with speech and language team)
- EPEC Being a Parent of a child affected by ASD - Volunteers (PGL's) and Parenting Specialist
- Triple P: Stepping Stones +
- Cygnet: Teen ASD



## **Seminars and Discussion Group**

- Additional Needs Discussion Group
- Termly SEND Triple P Seminars

## **Anxiety**

- Timid to Tiger – Primary age children with anxiety.
- Fear Less Triple P – anxiety
- Fear-less TPOL



# Promoting Positive Relationships

## **Family Transitions (Triple P) - 5 week parallel programmes**

Group programme for parents/carers who are experiencing personal stress from separation or divorce which is impacting or complicating their Parenting.

Parents will come separately, however, this will be delivered parallel weekly for both parents

To attend and receive the same information. **Please request a consultation for this Programme.**

## **Being a Parent Together (EPEC) - 9 week programme co parents attend together**

This programme is for co parenting couples who either live together or separately, looking at parenting strategies and co parenting communication and assertiveness skills.

## **Being a Parent Together (EPEC) 2 hour workshops – online**

- Parenting as a team – Good enough parenting and working as a team, managing conflict
- Understanding Children's Feelings and Behaviour
- Communication: Communication Styles and I statements

## Dads/Male carers

Dads/Male Carers impact their children's lives in all sorts of ways. Dads often offer a different style of learning/relationship with their children.

How do we work with Dads? Do Dads get invited to meetings?

What questions are we asking?

How confident do you feel contacting Dads/Step Dads/Carers who are no longer living at the family home?

Termly Champions meeting, where representatives from different teams and organisations come together to share ideas and good practice

**Termly Dads Inc. Seminars run, book on Eventbrite**



## Sleep Work



- Sleep Seminars- Deliver jointly with Health for children over 1 years old. 2 hours long talk through sleep hygiene information which impacts sleep
- Sleep Workshops – small group sessions for parents to attend receive Sleep Hygiene information and a sleep plan
- Sleep clinics-1 to 1 session with Parent and child (If a Teenager) Create a sleep plan with the family. Follow up calls to offer support for around 2-4 weeks

# Parenting Training and Skills (Work Force Development)

**Generic Primary age Parenting**  
**Teen Generic Parenting**  
**Baby Training**  
**Sleep Hygiene Training**  
**Relationship toolkit**

**Termly advertising, staff can book via Eventbrite**  
**Early Help Partnership**

**[EarlyHelpTraining@sheffield.gov.uk](mailto:EarlyHelpTraining@sheffield.gov.uk)**



## Consultations-What we need from you!

Please complete the Liquid Logic consultation form and assign this to the Parenting Consultations tray. You will then be contacted by one of the Team.

If you don't use Liquid Logic, complete the consultation form and return this to appropriate area inbox below-

West - [WestParentingSpecialists@sheffield.gov.uk](mailto:WestParentingSpecialists@sheffield.gov.uk)

East - [EastParentingSpecialists@sheffield.gov.uk](mailto:EastParentingSpecialists@sheffield.gov.uk)

North - [NorthParentingSpecialists@sheffield.gov.uk](mailto:NorthParentingSpecialists@sheffield.gov.uk)

## Referrals-What makes a good referral?

Referrals should come through Liquid Logic, assign the referral to Parenting Requests

Please check the family's information on the referral is up to date and in adequate detail, i.e., both parents' mobiles, emails and addresses (if they live apart). What support is required? What are the presenting concerns or needs? **Please ensure the family are aware of this referral and you have their consent. We ideally want your support for the family to engage so referring early in your involvement is much more effective.**

If you do not use Liquid Logic please complete an Early Help Part 1 and email this too  
**[MASTBusinessSupport@sheffield.gov.uk](mailto:MASTBusinessSupport@sheffield.gov.uk)**



Any Questions?

