



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

Quick Guide to Parenting Programmes in Bradford



Introduction

Bringing up children is challenging and all families, parents and carers should be able to benefit from a range of support at different times during their children's development and education.

The importance of positive parenting and effective parenting support services in improving outcomes for children is emphasised in both national and local policies and initiatives, many supported by legislation.

Bradford's local strategic direction is sought and supported by the following:

- Children and Young People's Plan
- Bradford's Child Poverty Strategy

This document highlights the evidence-based and structured parenting programmes available in Bradford and provides information about the differing programmes. It is intended, to primarily provide guidance for all partners in the Children's Trust, to enhance referral pathways and increase swift and easy access into services.

How to refer

Unless otherwise stated all referrals can be done by completing the **Referral for prevention group work and pre-referral checklist (Appendix B)** and sending it to the Local Family Hub.

Please use the Post code checker if you are unsure of which Hub to refer to:

<https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/>

If you require any further information, support or guidance regarding parenting programmes, signposting & referral pathways, contact us via the details below, or go to <https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/family-hubs/>

<p style="text-align: center;"><u>South</u> Contact: 01274 432639 familyhubsouth@bradford.gov.uk</p>	<p style="text-align: center;"><u>West</u> Contact:01274 436700 familyhubwest@bradford.gov.uk</p>
<p style="text-align: center;"><u>Keighley & Shipley</u> Contact:01535 618005 familyhubkeighleyshipley@bradford.gov.uk</p>	<p style="text-align: center;"><u>East</u> Contact: 01274 437523 familyhubeast@bradford.gov.uk</p>

What will it be like joining a Group?

What to expect when attending a course

Attending a course is an opportunity to meet other people and address a range of subjects relating to parenting, growing up and family life. Our courses aim to enhance self awareness, build relationships and learn new strategies from evidence based programmes, to help deal with issues they are currently facing. The benefit of doing the course is that people can support each other, discuss and explore current challenges and solutions.

Group leaders and facilitators

There will be 2 facilitators delivering the courses who will introduce themselves prior to people attending, this will be via a phone call or visit if appropriate.

Participants

Unless stated, all groups can be mixed, meaning there will be female and male parents and carers attending. Most groups allow a maximum of 10/12 people to attend.

Group agreements

We will set group agreements at the start of each group and refer to them when required so that participants feel comfortable and safe to share their experiences if they wish to.

Venues

Groups are held in a variety of settings including schools, family hubs and community centres. Groups are run across the Bradford District at a variety of times including daytime and evening.

Confidentiality

What is shared in the group, stays in the group, unless the group leaders and facilitators are concerned about the safety of a person or risk to someone. The groups will be observed on occasion by a Family hub manager and this manager is bound by the same confidentiality. We will only provide attendance information in the form of how many sessions have been attended and we do not write reports.

Main Parenting Programmes in Bradford

Family Links Nurturing Programme



Age Range: Suitable for parents of children aged between 2 & 13 years old.

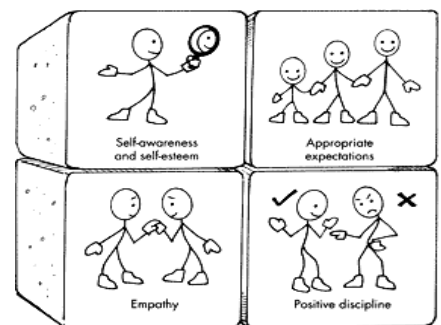
Programme Aim: The Nurturing Programme is a fun and nurturing programme for parents. It benefits both adults and children by:

- promoting emotional literacy and emotional health
- raising self-esteem
- developing communication and social skills
- teaching positive ways to resolve conflict
- providing effective strategies to encourage co-operative responsible behaviour
- managing challenging behaviour in children
- offers insights into the influence of feelings on behaviour
- encourages adults to take time to look after themselves.

Sessions: 2 hour sessions per week for 10 weeks

What the sessions cover:

- Giving Praise
- The Question of Discipline
- Time Out...to Calm Down
- Family Rules
- Rewards and Penalties
- Personal Power
- Self-esteem
- Choices and Consequences
- Feelings...and What We Do With Them
- Communicating clearly: Using 'I' Statements
- Kinds of Touch
- Nurturing Ourselves
- Ages and Stages in Child Development
- Issues around Sex
- Helping Children Stay Safe
- Behaviour to Ignore



Family Links Nurturing programme can be done free of charge online

<https://www.netmums.com/support/netmums-parenting-course>

Family Links Ante-Natal Programme

Age Range:

All parents expecting a baby – from the second trimester of pregnancy.

Programme Aim:

The 'Welcome to the World' programme is an 8-week group course for parents expecting a baby. The aim is to prevent some of the difficulties many new parents experience, which can lead to depression, problems within relationships and even abuse and neglect. Delivered by practitioners with specialist Family Links' training, the programme contributes to:

- Increased empathic attunement and secure attachment
- Reduced risk of child abuse and neglect
- Improved couple relationships
- Reduced stress and perinatal depression
- Increased understanding of child development
- Improved perinatal health for mother and baby

Sessions: 2 hour sessions per week for 8 weeks

What the sessions cover:

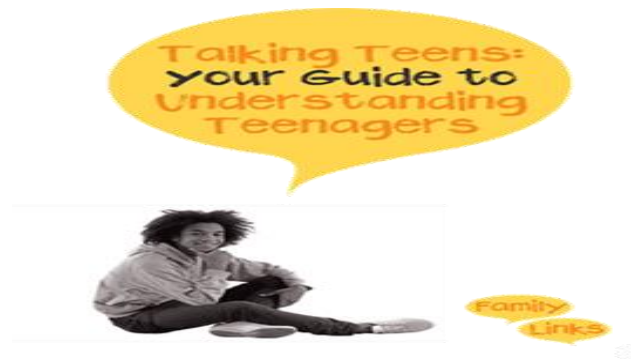
- Empathy and loving attentiveness
- Infant brain development
- Healthy choices
- Managing stress
- Promoting self-esteem and confidence
- Positive parenting
- Effective communication
- Hopes and fears for the future



Welcome to
the world
Antenatal
Nurturing
Programme



Additional Parenting Programmes in Bradford



Talking Teens

Ages: Suitable for Parents of teenagers, 11-18 years of age

Programme aim: Designed to enhance the transition from childhood to adolescence, by encouraging positive parenting and relationship building.

Sessions: 6 sessions, 2 hours each over 6 weeks

What the sessions cover:

- Effective communication
- Relationship building
- Managing conflict
- Building self esteem
- Managing problem behaviour

HENRY (Health Exercise and Nutrition for the Really Young)

Ages: Suitable for parents with children 0-5 years

Programme aim: Offers parents the chance to share ideas and gain new skills and tools to address lifestyle issues in a supportive and fun environment. The course adopts a holistic approach



Sessions: 3 hour sessions per week for 8 weeks

What the sessions cover:

- practical and authoritative parenting skills for a healthy lifestyle
- increasing self-esteem and emotional well-being so children start school ready to learn
- helping families change old habits and adopt a healthier lifestyle
- practical information that will help the whole family become healthier

National clinical studies have demonstrated improved child and family outcomes, including increased parenting efficacy, healthier eating across the whole family, reduced screen time and increased activity levels and sitting down together as a family to eat home-prepared food more often.

Freedom Programme for women – domestic abuse

The Freedom Programme



Programme aim – The Freedom Programme is a 12-week supportive programme, a group for women who might be in or recovering from an abusive or controlling relationship.

Ages – This programme can be attended by any female over 16 years of age

Sessions: 2 hour sessions, over a 12 week period

What the course covers:

- Understanding the beliefs held by abusive and controlling partners
- Recognising the effects of controlling and abusive relationships
- Identifying potential abusers, keeping yourself and family safe
- Starting to feel more confident and meeting people in a similar situation
- Understanding the impact of domestic abuse on children

Freedom can be done online for £12 - <http://www.freedomprogramme.co.uk/online.php>

Cygnets – Supporting parents with children on the Autistic Spectrum

Ages: Suitable for parents/carers with children 5-18 years

Programme aim: Cygnets will provide the opportunity for parents/carers to obtain advice and information on the additional challenges which autism can present within a group of people who share similar experiences.



Sessions: 2½-3 hour sessions per week for 7-8 weeks

What the sessions cover:

- Introduction & Aims
- Autism & Diagnosis
- Sensory Issues & Strategies
- Communication & Strategies
- Understanding Behaviour
- Supporting Behaviour
- Parents Choice
- Discretionary Follow-Up Session

Referral Process: Common Referral or ***Referral for prevention group work and pre-referral checklist (Appendix B)*** sent to **parenting@bradford.gov.uk**

Time Out For Dads

Ages: Suitable for Dads/Step dads of Children 0-19

Programme aim: This is an evidence based programme that aims to enable dads to increase confidence in their parenting; learn how to develop the dad/child relationship now and for the future and work out strategies for dealing with anger and conflict. It will also give dads an opportunity to meet other dads and share experiences in a supportive and encouraging environment.

Sessions: 2 hour sessions weekly over 8-9 Weeks

What the sessions cover:

- Introductions & Goals
- The need for Dads and Aspirations
- Parenting Goals & Self Esteem
- Relationships & Handling Anger
- Importance of Time & Parenting Styles
- Discipline
- Safety Issues
- Issues at Home
- Optional Step-Families



DICE

Ages: Suitable for Parents/Carers whereby their child may be at risk of exploitation

Programme aim: DICE is a support programme for parents/carers to raise awareness about the risks of exploitation.

Sessions: Groups meet weekly for 4 sessions and each session lasts for 2 hours

What the sessions cover:

- The Teenage Brain
- Exploitation and the grooming process
- Digital Dangers
- Parenting Top Tips & Support networks



WRAP (Wellness Recovery Action Planning)

Ages: 10-14 years

Programme aim: WRAP aims to empower young people to take control of their health and wellness, using lots of different self-help tools, fun interactive group activities and peer support.

Sessions: 2 hour sessions over a 10-week period

What the sessions cover:

- Creating a Safe Space
- Wellness Tools and Boxes
- What I am Like when I am Well & Daily Plans
- Early Warning Signs & Triggers
- Action Plans
- Breaking Down/When Things Get Much Worse
- Celebration

Referral Process: **Barnardos Referral Form (Appendix A)** sent to admin.listerhills@barnardos.org.uk

Book Start

Ages: 12-30 months

Programme aim: To support the home learning environment introducing parents/carers and children to books, rhymes and sharing stories.

Sessions: 3-4 Visits

What the sessions cover:

- Benefits of Rhymes
- Benefits of Book Sharing
- Bedtime routines and Story Sack/Puppets
- Mark Making Skills



Early Language and Development Programme (ELDP)

Ages: 18 months

Programme aim: To encourage communication and speech. To identify and offer support to children who display communication difficulties.

Sessions: Initial Visit or invite to communication and language session. 6 x Play in the Home sessions will be delivered if concerns are raised.

What the sessions cover:

- What, Why & How we Communicate
- Praise and Encouragement
- Play Tips & Types of Play
- Attention & Listening
- Turn Taking
- Overview of Observations

Internet Information and Support

Parentline Plus	www.parentlineplus.org.uk
Family and Parenting Institute	www.familyandparenting.org
Parent Channel TV	www.parentchannel.tv
Got a Teenager.org	www.gotateenager.org.uk
Dad Talk	www.dadtalk.co.uk
Disability, Pregnancy & Parenthood	www.dppi.org.uk
PACE – for parents whose children are at risk of sexual exploitation	
https://paceuk.info/for-parents/	

Free parenting resources to download

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thespark.org.uk/relationship-support-parents-families/free-parenting-resources/>

Barnardo's WRAP Referral Form

(Core Data Form, Consent to Access the Service and its activities & Medical Consent)
If you require support to complete the form please contact on 01274 513300.

Type of Referral		Choose an item.
Young Person's Details		
Title Choose an item.	First name	Last name
Age Choose an item.	Date of birth Click here to enter a date.	
Address Postcode		
Home number	Mobile number	Email address
Ethnicity Choose an item.	Gender Choose an item.	Religion Choose an item.
Disability Choose an item. Does the young person have an EHCP Choose an item.	Looked After Choose an item. *If yes, please share details of named worker and contact details	Child Protection Status Choose an item. *If current, please share details of named worker and contact details
Does the young person have any allergies? Choose an item. If yes please state	Does the young person take any medication? Choose an item. If yes, please state what it is and how often the young person takes it?	Does the young person have any specific dietary requirements? Choose an item. If yes please state
CAMHS support Choose an item. *If yes, please share details of named worker and contact details	Any other key professionals involved in the life of the young person? Choose an item. Please share full name, job role and contact number	
Parent/ Guardian		
Full name		Relation to young person Choose an item.
Address (if different to young person)		
Home number		Mobile number

Name of School/ College	
Name	Address
Does the young person have a key worker at school Choose an item.	
If yes, please share name and contact details	
GP Details	
Name of GP:	
Address of GP:	
Contact Number:	
Referrer Details	
Full name	Job title
Full Address	
Work number	Work mobile
Email address	
Reason for Referral (Young person can refer themselves too)	
Why do you wish to refer the young person to WRAP? Click here to enter text.	
Why does the young person wish to come to WRAP?	
Which of the areas listed below is the young person concerned about	
Physical health	Click here to enter text.
Emotional wellbeing	Click here to enter text.
Confidence	Click here to enter text.
Support Networks	Click here to enter text.
Community Involvement	Click here to enter text.
Financial Situation	Click here to enter text.
Ability to Function	Click here to enter text.
Education, Training, Work	Click here to enter text.
Which of the areas listed below are going well for the young person	
Physical health	Click here to enter text.
Emotional wellbeing	Click here to enter text.
Confidence	Click here to enter text.
Support Networks	Click here to enter text.

Community Involvement	Click here to enter text.
Financial Situation	Click here to enter text.
Ability to Function	Click here to enter text.
Education, Training, Work	Click here to enter text.

Consent

I (as a young person) wish to/ I (as a parent/ carer) wish my child to take part in the WRAP programme. You/they will work through the course content with up to 16 other young people and two facilitators from Barnardo's and/or our associated partner agencies. On the completion of WRAP you/ they will have the opportunity to attend 'Sweet Wrappers'; a peer support group.

Post WRAP, a variety of other participation activities and opportunities will be made available which you/ your child can pick and choose what you/they become involved in. The location of group activities will vary from youth settings to outdoor venues. You/ your child will be invited to celebratory trips out to bowling, cinema, theatre and restaurants now and again to recognise the efforts you/ your child makes towards the service.

Please tick those you agree to:

- I confirm that I have been given an outline of the course and details of the professional/s I/ my child will be working with.
- I confirm that I understand and give permission for the activities that I/ my child will be offered and the details of the professional/s I/ my child will be working with.
- In case of an emergency, I consent to any emergency medical treatment should it be deemed necessary by a qualified medical practitioner and provided that the delay required to obtain my signature might be considered, in the opinion of the medical professional concerned, likely to endanger my child's health or safety.
- I consent to photographs videos of me/ my child taken during Barnardo's activities can be used for marketing/ publicity material displays including social media.
- I accept that, in the event of a participant's behaviour adversely affecting the safe and smooth running of the WRAP programme the workers involved may ask for them to not attend future groups. We may contact parents/guardians for them to collect their young person from the group if the behaviour is unsafe.
- I consent to myself/my child to travel using public transport or a Bradford Council approved taxi for the purpose of attending the group and also other activities.

Please sign to confirm you have completed this referral form to the best of your knowledge and consent to, you / your child participating in WRAP and Barnardo's related activities:

Parent/ carer signature : _____ Date: _____
 Print name: _____

Young person's signature : _____ Date: _____
 Print name: _____

Referrer's signature: _____ Date: _____

Print name:

This referral form needs to be returned with the Barnardo's DPA form to, 40-42 Listerhills Science Park,
Campus road, Bradford, BD7 1HR

For internal use only

DPA completed? Y/ N?

Require a HPC/RA? Y/ N

Allocated worker:

Approved and signed:

Date:

