

<b>West Cornwall Autumn Term Virtual Parenting Programmes</b>							
Being passionate about the Early Years	10:00-11:30	Thursday	8/10/2020	15/10/2020	22/10/2020		
BPAP 5-11	1:00-2:30	Tuesday	6/10/2020	13/10/2020	20/10/2020		
TAKE 3 (5 weeks)	6:00-8:00	Wed	4/11/2020	11/11/2020	18/11/2020	25/11/2020	2/12/2020
BPAP with an awareness of ADHD	Evening 6:30 - 8:00	Tuesday	6/10/2020	13/10/2020	20/10/2020		
BPAP with an awareness of the Spectrum (4 weeks 1.5 hours)	Evening 6:30 - 8:00	Wednesday	4/11/2020	11/11/2020	18/11/2020	25/11/2020	
Teenage Brain	Date to be confirmed.						

### **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 behaviour 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 behaviour 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 behaviours 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 behaviour 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 behaviours 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 behavior 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.