

# Early Help Parenting Worker Advice Line

## Penwith and Kerrier



Our regular parenting courses are currently being delivered virtually due to Covid-19 restrictions.

Do you need some support and advice to understand your child's needs and behaviour?

- Advice on positive parenting and how to keep your child safe
- To understand the importance of routines for your family

To get in touch with your questions please send an email to Myra Whitney, Area Parenting Lead, [myra.whitney@cornwall.gov.uk](mailto:myra.whitney@cornwall.gov.uk) or call 01209 310000 and leave a message mentioning Parenting Worker Advice Line with your contact details and the best time for us to contact you.

A member of the Parenting Team will contact you back by phone within two working days.



West Virtual Parenting Programmes January 2021.

| Programme   | Time                  | Day       | Wk 1  | Wk 2 | Wk 3 | Wk 4 | Wk 5 |
|---|-----------------------|-----------|-------|------|------|------|------|
| BPAP 1-3 yrs                                      | 10-11:30 am           | Thursday  | 21/1  | 28/1 | 4/2  |      |      |
| BPAP 5-11 yrs                                     | 6-00-7:30 pm          | Wednesday | 13/1  | 20/1 | 27/1 |      |      |
| TAKE 3<br>12-16 yrs                               | 9:30-11:30            | Tuesday   | 12/1/ | 19/1 | 26/1 | 2/2  | 9/2  |
| BPAP with an awareness of ADHD 5-11yrs            | 6:00 7:30 pm          | Thursday  | 14/1  | 21/1 | 28/1 |      |      |
| BPAP with an awareness of the Spectrum 5-11 years | 10:00 – 11:30         | Wednesday | 20/1  | 27/1 | 3/2  | 10/2 |      |
| Teenage brain 12-17 years                         | 6:00 - 7:30pm         | Tuesday   | 19/1  | 26/1 | 2/2  |      |      |
| Incredible Years                                  | Dates to be confirmed |           |       |      |      |      |      |

| West Autumn Term Virtual Parenting Programmes   |                       |           |            |            |            |            |  |  |           |
|---|-----------------------|-----------|------------|------------|------------|------------|--|--|-----------|
| BPAP 1-3 yrs                                    | 10-11.30              | Tuesday   | 10/11/2020 | 17/11/2020 | 24/11/2020 |            |  |  |           |
| BPAP 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 |
| BPAP with an awareness of ADHD 5-11 yrs         | 10-11.30              | Tuesday   | 17/11/2020 | 24/11/2020 | 01/12/2020 |            |  |  |           |
| BPAP with an awareness of the Spectrum 5-11 yrs | Evening<br>6:30 -8:00 | Wednesday | 4/11/2020  | 11/11/2020 | 18/11/2020 | 25/11/2020 |  |  |           |
| BPAP with an awareness of the Spectrum 5-11 yrs | Evening<br>6:30-8:00  | Wednesday | 4/11/2020  | 11/11/2020 | 18/11/2020 | 25/11/2020 |  |  |           |