



A key element to Warrington's Early Help offer is the provision of evidenced-based parenting programmes. These are programmes that have a robust theoretical and research base and have been scientifically proven to work. All programmes are delivered by trained and accredited facilitators. We offer a range of programmes for parents with children aged 0-16 years where there are emerging or assessed difficulties in parents managing their children's behaviour. The delivery model works across Levels 2, 3, and 4 of Warrington's Threshold of Need 2017.

Accessing the Service

Programmes can be requested by any professional working with the family. For external partner agencies, use the MARS (Multi Agency Request for Support) online form. This can be accessed via <https://www.mylifewarrington.co.uk> and then by typing MARS in the search box.

Requests will be processed and screened by the parenting coordinators.

The screening process will take into account any barriers to accessing any provision, such as parents' own needs which may prevent them achieving and implementing the learning from the programme and children's needs that may need assessing further, e.g. mental health, developmental needs.

Parents will be allocated to a programme that specifically meets their needs. All parents will receive a course readiness home visit from the parenting coordinators to ensure that they are fully aware of what the programme entails and what is expected of them – attendance, evidencing learning, information sharing. Programmes are delivered across the town, in accessible buildings. To achieve the maximum impact and positive outcomes from the programmes, support is required between the weekly sessions to encourage and ensure parents are enabled to embed their learning. The parenting coordinators will set out this expectation to referring professionals and will offer advice, guidance and support.

A planned programme of delivery is also supplemented by a needs-led approach and additional programmes will be added.

Programmes are not delivered during school holidays.



Programmes

Webster Stratton Incredible Years Baby and Parent: Age 0–1 year: 6 weeks

Parents and their babies attend 2-hour sessions over a 6 week period. It helps secure the bond between parent and baby by introducing activities that encourages babies to feel secure, loved and safe, as well as activities that encourage language and physical development.

Webster Stratton Incredible Years: Age 3-8 years: 10 weeks

Parents and carers attend 2-hour session over 10-week period to help parents to understand and provide their children with a strong emotional, social and academic foundation.

Webster Stratton Incredible Years 1-1 Coaching

A bespoke approach using the Incredible Years format for parents/carers who need immediate support or do not feel that they can emotionally participate within group activities.

Family Links Nurturing Programme: Age 4-11 years: 10 weeks

Parents attend 2-hour sessions over a 10-week period. The Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other, using 4 constructs, self-awareness, appropriate expectations, positive discipline, and empathy. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning.

Triple P Positive Parenting Programmes

Parenting programmes designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Group Teen Programme: Age 12-16 years: 8 weeks

Parents attend 2-hour sessions over an 8-week period. Sessions allow parents to explore ways they can build stronger relationships with their teenager, reduce conflict, manage problem behavior and help their teen stay safe.

Triple P Standard Teen: Age 12-16 years

Parents attend up to 10 individual sessions where they learn strategies for improving the quality of their relationship with their teenager and managing problematic behaviour.