



## **Parenting courses:**

### **Triple P/Teen Triple P**

Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience, aggression.

### **Changes**

Changes is delivered in three age ranges 0-3, 4-10 and 11-19. The aims of the course are to:

- Improve parent's knowledge, confidence and skills,
- Raise parent's aspirations for themselves and their children,
- To reflect on how parents can support their children's development and learning,
- To encourage parents to take credit for their child's success and achievement,
- To know where to find information, advice and support on children's development and learning.

### **Solihull Approach**

- To promote understanding of children's behaviour within context of developmental issues
- To increase confidence and self-esteem in parent and child, to give parents strategies for repair when things go wrong
- To develop a framework for thinking about parent/child relationships,
- To promote reflective, sensitive and effective parenting



## **Specific to this centre: Hillside Children's Centre**

### **Special Programmes – Play, Talk, Read**

#### **Talking Toddlers (18 months – 3 years)**

A targeted stay and play to promote speech and language followed by a short sing and sign session to introduce your child to Makaton. **Tuesday: 1:00pm-2:00pm at Hillside CC**

#### **Junior Explorers (18 months – 3 years)**

This is a 6 week programme aimed at boys. The sessions will be aimed at improving speech and language, concentration and mark making in boys during a variety of themed sessions. **Tuesday: 10:00am-11:00am at Hillside CC**

#### **Baby Massage (8 weeks – 10 months)**

This session is designed to help give your child a positive start to their development. You can learn essential massage techniques that will maintain you and your baby's sense of relaxation.

**Tuesday: 1:00pm-2:00pm at Hillside CC.**

**Thursday: 5:15pm-6:00pm at Hillside CC (Dads)**

#### **Music Magic (Babies 0-12 months), (Toddlers 1-3 years)**

These are fun, interactive sessions supporting the development of speech and language skills in your child. Come along and enjoy singing songs, making music and encourage your child to become a clear, confident communicator.

**Tuesday: 12:30pm – 1:15pm at Great Barr Library (Babies), 1:30pm-2:15pm at Great Barr Library (Toddlers)**

#### **Little Sparklers (8 weeks – 10 months)**

This is a baby centred session that includes fun and educational activities for parents + babies to enjoy and learn together. **Monday: 10:00am-11:00am at Hillside CC**

To book for any of these programmes above, please contact us on **0121 588 5431**

### **Volunteering opportunities**

We are actively looking for volunteers in all aspects of our Children's Centre works. Opportunities to work with adults and children, families, administration, gardening and buddying service. You will be trained and supported to gain experience in your chosen activities. For more information please contact:

**Subhash Patel – 0121 555 6756**

**Rowshanara Begum – 0121 557 0740**