Start Well Service

0-19s Parenting Programmes

What is the offer?

- The Start well service offers a range of parenting support to families with children age between 0-19 years.
- The delivery model has a focus on early intervention with sessions delivered in Start Well Centres, Schools and other community venues, through effective partnership working and co-delivery with Start well, Health Visitors and Behaviour Support Service.
- Parenting support includes Incredible Years Baby;
 Incredible Years Pre-school; Triple P and parent/Child developmental sessions based on Solihull approach.

Incredible Years Baby

- Helping to promote your baby's social, emotional and language development
- The course takes place every week for 10 weeks and lasts for two hours. Refreshments will be provided before and during the session.
- The sessions are designed for both you and your baby to attend together and involve fun activities to help develop your baby's learning.
- Why should I think about coming to a group?
- This course is a great way to meet other parents and learn new effective parenting skills. Parents who attend these groups say they have a greater bond with their baby.

What topics are covered?

- Getting to know your baby
- Communicating with your baby
- Interacting and playing with your baby
- Learning to read your babies mind
- Where to get support for you and your baby
- Babies emerging sense of self

Where do groups take place?

- Incredible Years groups are taking place at a number of Start Well Children's Centres for parents of babies aged 6 months or under.
- Spaces are limited and allocated via a referral from a Health Visitor, Children and Families Worker, Social Worker, Nursery or School staff.



Incredible Years Pre-school

Helping to build parent and child relationships

- Parenting is the most important job to do and it can be hard at times. Parents say that these courses help them to practise new ways to manage their children's behaviour and to build a positive relationship with their children.
- Incredible Years groups are taking place at a number of Start Well Centres for parents of children aged 2-4 years old.
- The course takes place every week for 14 weeks and lasts for two hours. Refreshments will be provided before and during the session.
- A free crèche facility run by experienced Early Years
 Practitioners is provided for your children whilst you are on the course.

 A range of methods are used to help you develop new and existing skills and build your confidence in promoting positive behaviours in your child. These include DVD clips, group discussions, practice activities and homework exercises.

What topics are covered?

- Play
- Praise and Reward
- Limit Setting
- Positive Discipline
- Spaces are limited and allocated via a referral from a Health Visitor, Children and Families Workers, Social Workers, Nursery or School staff.

What parents say about the Incredible Years:

- "I would recommend it to anybody. If I could do it again, I'd do it again."
- "My middle child, she smiles from the inside out now."
- "For the first time I actually enjoy being a mum."
- "Everybody... needs a bit of support somewhere along the line and if they're even thinking about for that split second then just go for it, it works!"
- "I would recommend it to anybody. If I could do it again, I'd do it again."
- "I am more confident, relaxed and happier especially with my son."
- "For the first time I actually enjoy being a mum."

Triple P

- Triple P stands for 'Positive Parenting Programme'
- Triple P is an 8 week programme designed specifically to help parents of children who have behavioural issues.
- It has been proven to be effective in reducing difficult behaviour in children and young people.
- Parents are the experts on their own children and we are here to support parents in gaining control over their own situation and making lasting improvements.
- Triple P helps in two ways. It helps parents to develop positive relationships, skills and communication with their child or young person whilst also giving them positive strategies to manage difficult and risky behaviour.
- It aims to improve the home environment and prevent problems within the family, school and community.
- Triple P encourages children and young people to reach their full potential.

Triple P

- All Triple P referrals into Start Well are undertaken via the Early Help process.
- In order to access the programme, parents often raise parenting difficulties with schools, Start Well Centres and other services (CAMHS etc) and are signposted to the programme as part of the EHA + Action Plan.
- Referrals are also received from social workers as part of a social care plan.
- The current programme is running 10th Jan 28th Feb at Harvey SW centre with 10 parents successfully engaged in the programme.
- Start Well has two further programmes planned 1 teen Triple P programme will start 6th March and 1 standard Triple P programme starting in May 2019.

Further parenting support

- Parents can ask Start Well children and family workers or health teams for guidance on parenting.
- Self-referrals are starting to increase as parents are communicating through social media and within Start Well developmental sessions.
- There has been an increase in numbers of enquiries around parenting through the Start Well centres and parents are signposted to the most relevant courses.
- Referrals not suitable for IT and Triple P courses are offered outreach sessions on a 1-1 basis, or to access the Start Well Centres' programme where Solihull parenting approaches are embedded into delivery.

Current Start Well priorities

- All partners to be trained in Solihull parenting approach.
- Identified Start well staff to deliver Solihull parenting training to partners including the community and voluntary sector.
- Incredible years toddler groups being develop.
- Triple P to be delivered in conjunction with schools and partners across Bolton.
- Advertising of Parenting Support is being reviewed.
- Self- referral process to be reviewed in line with Early Help review.