



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

Quick Guide to Parenting Programmes in Bradford



Introduction

Bringing up children is challenging and all families, parents and carers should be able to benefit from a range of support at different times during their children's development and education.

The importance of positive parenting and effective parenting support services in improving outcomes for children is emphasised in both national and local policies and initiatives, many supported by legislation.

Bradford's local strategic direction is sought and supported by the following:

- Children and Young People's Plan
- Bradford's Child Poverty Strategy

This document highlights the evidence-based and structured parenting programmes available in Bradford and provides information about the differing programmes. It is intended, to primarily provide guidance for all partners in the Children's Trust, to enhance referral pathways and increase swift and easy access into services.

How to refer

Unless otherwise stated all referrals can be done by completing the ***Request for Targeted Parenting Programme Form (Appendix A)*** and sending it to the **Local Family Hub**.

Please use the Post code checker if you are unsure of which Hub to refer to:

<https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/>

If you require any further information, support or guidance regarding parenting programmes, signposting & referral pathways, contact us via the details below, or go to

<https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/family-hubs/>

South Contact: 01274 434940 familyhubsouth@bradford.gov.uk	West Contact:01274 436700 familyhubwest@bradford.gov.uk
Keighley & Shipley Contact:01535 618005 familyhubkeighleyshipley@bradford.gov.uk	East Contact: 01274 437523 familyhubeast@bradford.gov.uk

What will it be like joining a Group?

What to expect when attending a course

Attending a course is an opportunity to meet other people and address a range of subjects relating to parenting, growing up and family life. Our courses aim to enhance self awareness, build relationships and learn new strategies from evidence based programmes, to help deal with issues they are currently facing. The benefit of doing the course is that people can support each other, discuss and explore current challenges and solutions.

Group leaders and facilitators

There will be 2 facilitators delivering the courses who will introduce themselves prior to people attending, this will be via a phone call or visit if appropriate.

Participants

Unless stated, all groups can be mixed, meaning there will be female and male parents and carers attending. Most groups allow a maximum of 10/12 people to attend.

Group agreements

We will set group agreements at the start of each group and refer to them when required so that participants feel comfortable and safe to share their experiences if they wish to.

Venues

Groups are held in a variety of settings including schools, family hubs and community centres. Groups are run across the Bradford District at a variety of times including daytime and evening.

Main Parenting Programmes in Bradford

Family Links Nurturing Programme



Age Range: Suitable for parents of children aged between 2 & 13 years old.

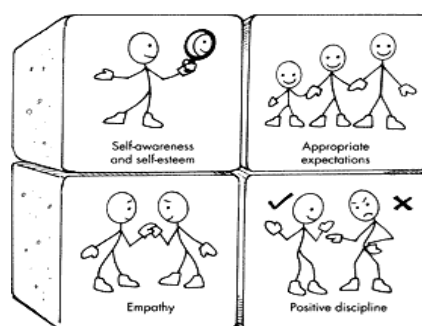
Programme Aim: The Nurturing Programme is a fun and nurturing programme for parents. It benefits both adults and children by:

- promoting emotional literacy and emotional health
- raising self-esteem
- developing communication and social skills
- teaching positive ways to resolve conflict
- providing effective strategies to encourage co-operative responsible behaviour
- managing challenging behaviour in children
- offers insights into the influence of feelings on behaviour
- encourages adults to take time to look after themselves.

Sessions: 2 hour sessions per week for 10 weeks

What the sessions cover:

- Giving Praise
- The Question of Discipline
- Time Out...to Calm Down
- Family Rules
- Rewards and Penalties
- Personal Power
- Self-esteem
- Choices and Consequences
- Feelings...and What We Do With Them
- Communicating clearly: Using 'I' Statements
- Kinds of Touch
- Nurturing Ourselves
- Ages and Stages in Child Development
- Issues around Sex
- Helping Children Stay Safe
- Behaviour to Ignore



Family Links Nurturing programme can be done free of charge online

<https://www.netmums.com/support/netmums-parenting-course>

Welcome to the World Family Links Ante-Natal Programme



Welcome to
the world
Antenatal
Nurturing
Programme

Age Range:

All parents expecting a baby – from the second trimester of pregnancy.

Programme Aim:

The 'Welcome to the World' programme is an 8-week group course for parents expecting a baby. The aim is to prevent some of the difficulties many new parents experience, which can lead to depression, problems within relationships and even abuse and neglect. Delivered by practitioners with specialist Family Links' training, the programme contributes to:

- Increased empathic attunement and secure attachment
- Reduced risk of child abuse and neglect
- Improved couple relationships
- Reduced stress and perinatal depression
- Increased understanding of child development
- Improved perinatal health for mother and baby

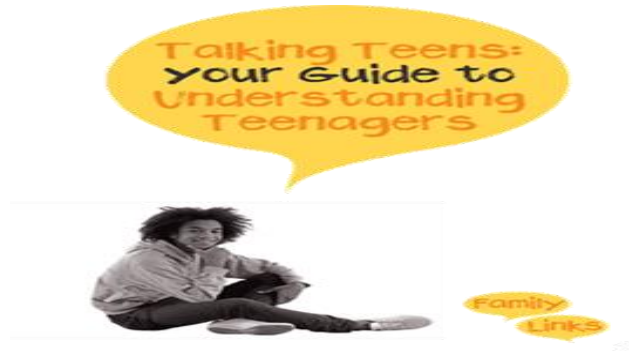
Sessions: 2 hour sessions per week for 8 weeks

What the sessions cover:

- Empathy and loving attentiveness
- Infant brain development
- Healthy choices
- Managing stress
- Promoting self-esteem and confidence
- Positive parenting
- Effective communication
- Hopes and fears for the future



Additional Parenting Programmes in Bradford



Talking Teens

Ages: Suitable for Parents of teenagers, 11-18 years of age

Programme aim: Designed to enhance the transition from childhood to adolescence, by encouraging positive parenting and relationship building.

Sessions: 2 hour sessions per week over 4 weeks

What the sessions cover:

- Effective communication
- Relationship building
- Managing conflict
- Building self esteem
- Managing problem behaviour



HENRY Group Programme

Ages: Suitable for parents with children 0-5 years

Programme aim: Offers parents the chance to share ideas, gain new skills and tools to address lifestyle issues in a supportive and fun environment

Sessions: 2 hour sessions (2.5 if family time included) per week for 8 weeks

What the sessions cover:

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these five key themes over the 8 weeks. National clinical studies have demonstrated improved child and family outcomes, including increased parenting efficacy, healthier eating across the whole family, reduced screen time and increased activity levels and sitting down together as a family to eat home-prepared food more often.

Freedom Programme for women – domestic abuse

The Freedom
Programme



Programme aim – The Freedom Programme is a 12-week supportive programme, a group for women who might be in or recovering from an abusive or controlling relationship.

Ages – This programme can be attended by any female over 16 years of age

Sessions: 2 hour sessions, over a 12 week period

What the course covers:

- Understanding the beliefs held by abusive and controlling partners
- Recognising the effects of controlling and abusive relationships
- Identifying potential abusers, keeping yourself and family safe
- Starting to feel more confident and meeting people in a similar situation
- Understanding the impact of domestic abuse on children

Freedom can be done online for £12 - <http://www.freedomprogramme.co.uk/online.php>

Cygnets – Supporting parents with children on the Autistic Spectrum

Ages: Suitable for parents/carers with children 5-18 years with an Autism Diagnosis

Programme aim: Cygnets will provide the opportunity for parents/carers to obtain advice and information on the additional challenges which autism can present within a group of people who share similar experiences.

Sessions: 2½-3 hour sessions per week for 7-8 weeks

What the sessions cover:

- Introduction & Aims
- Autism & Diagnosis
- Sensory Issues & Strategies
- Communication & Strategies
- Understanding Behaviour
- Supporting Behaviour
- Parents Choice
- Discretionary Follow-Up Session

Referral Process: Complete the ***Request for Targeted Parenting Programme Form (Appendix A)*** and send it to **parenting@bradford.gov.uk**.



Time Out For Dads

Ages: Suitable for Dads/Step dads of Children 0-19

Programme aim: This is an evidence based programme that aims to enable dads to increase confidence in their parenting; learn how to develop the dad/child relationship now and for the future and work out strategies for dealing with anger and conflict. It will also give dads an opportunity to meet other dads and share experiences in a supportive and encouraging environment.

Sessions: 2 hour sessions weekly over 8 weeks

What the sessions cover:

- Introductions & Goals
- The need for Dads and Aspirations
- Parenting Goals & Self Esteem
- Relationships & Handling Anger
- Importance of Time & Parenting Styles
- Discipline
- Safety Issues
- Issues at Home
- Optional Step-Families

DICE



Ages: Suitable for Parents/Carers whereby their child may be at risk of exploitation

Programme aim: DICE is a support programme for parents/carers to raise awareness about the risks of exploitation.

Sessions: Groups meet weekly for 4 sessions and each session lasts for 2 hours

What the sessions cover:

- The Teenage Brain
- Exploitation and the grooming process
- Digital Dangers
- Parenting Top Tips & Support networks



Book Start

Ages: 12-30 months

Programme aim: To support the home learning environment parents/carers and children to books, rhymes and sharing stories.

Sessions: 3-4 Visits

What the sessions cover:

- Benefits of Rhymes
- Benefits of Book Sharing
- Bedtime routines and Story Sack/Puppets
- Mark Making Skills



introducing

Internet Information and Support

Parentline Plus	www.parentlineplus.org.uk
Family and Parenting Institute	www.familyandparenting.org
Parent Channel TV	www.parentchannel.tv
Got a Teenager.org	www.gotateenager.org.uk
Dad Talk	www.dadtalk.co.uk
Disability, Pregnancy & Parenthood	www.dppi.org.uk
PACE – for parents whose children are at risk of sexual exploitation	https://paceuk.info/for-parents/
HENRY – top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth	https://henry.org.uk/

Free parenting resources to download

<https://familylinks.org.uk/parents#free-downloads-for-parents>

<https://www.handinhandparenting.org/free-downloads/>

<https://www.thepark.org.uk/relationship-support-parents-families/free-parenting-resources/>

Request for Targeted Parenting Programme

Date Form Completed:.....

We require all professional referrers to confirm the following tasks BEFORE submitting this referral to their appropriate Family Hub.

CYGNET referrals should be sent to: parenting@bradford.gov.uk.

N.B Social Workers should complete the 'Request for Parenting Programme' in LCS and send to Early Help/ Prevention Gateway Form for triage.

I have discussed this referral and the specific groups with the parent (s)

I have shared with the parent(s) the Parenting Menu/Quick Guide

I have the parent(s)/relevant family members signed consent below.

Presenting Issues

Child / Young Person's or Parent / Carer's Name	Low Level Neglect	Behaviour	Parenting	Anti-Social Behaviour	CSE	Domestic Abuse
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Name of main parent completing form (if self-referral) or subject of the referral. <i>Please also state if the main parent is also known by any other names?</i>		Main parent's contact phone number	
Main parent's date of birth		Main parent's email address	
Ethnicity		Does the child have an Autism Diagnosis?	
Present family address		Family present address postcode	
Other recent addresses			
Name, job title and address of person making this referral		Referrer main contact number	
Date of last assessment:		Are there any additional needs the family would like the facilitator to be aware of?	
Date the request was discussed as part of family plan with the family:		Are there any risks/concerns you feel the facilitator needs to be aware of?	

Family information

First name	Last name	Relationship to parent	Date of birth <i>dd/mm/yyyy</i>	Ethnicity <i>Please see options below</i>	School child attends or is parent working?	Known health issues <i>Disability / MH / No dentist/GP?</i>

Ethnicity

- | | | | | | |
|----------------------------|----------------------------|-----------------------|--------------|-----------------------------|------------------|
| Asian/British Asian | Black/Black British | Mixed | Other | White | |
| Bangladeshi | African | White/Asian | Chinese | British | Eastern European |
| Other | Caribbean | White/Black African | Other | Irish | Other |
| Pakistani | Other | White/Black Caribbean | Refused | Traveller of Irish Heritage | |
| Indian | | | | | |

What is working well? Including parents views & child's voice	What are you worried about? Including parents views & child's voice	What needs to be done? Including parents views & child's voice

Use of personal information

If you would welcome support for your family, then we need your agreement for agencies to co-ordinate any support you may need through sharing information about your family with them. This could include the following agencies: Children’s Specialist Services, Schools, Police, National Probation Service, Community Rehabilitation Company, Youth Offending Team, Department of Work and Pensions (including contracted work programme providers), Incommunities, Families First Commissioned Services, your GP, Health Visitors, School Nurses, Family Hub, and Stronger Families. Information will also be shared with Bradford Teaching Hospitals NHS Foundation Trust (BTHFT), for the purpose of helping to provide a good service to your family, and researching and planning improvements to services for children and families.

We collect and process personal and sensitive information in accordance with the General Data Protection Regulation. This information may include details about you/your children’s health including NHS Numbers, education and UPN Numbers, welfare and development, home or family circumstances. We use this information:

- To help us work with you to provide an effective service
- To help us improve services through research and planning

In some cases, information may be shared between agencies without consent; for example, where sharing information might prevent a crime or safeguard the welfare of a child or young person. Even in these circumstances, we will discuss this matter with you. Reasons for this are:

- If it is believed that a child’s/adult’s safety or welfare is at immediate risk
- Where it is required to do so by law because of a criminal activity /drug trafficking offences
- Should you or your child fall ill during contact with the service and relevant information needs to be given to a medical professional

Consent for information storage and information sharing

The reasons for sharing information have been explained to me. I give my permission for Bradford Council to obtain personal and /or sensitive information about me and my family for the purposes set out above and agree to my information being shared with and for Prevention and Early Help/Families First/Social Work services. My explicit consent is freely given, fully informed and I understand that it can be withdrawn at any time. I have been given the opportunity to ask any questions in relation to this referral and the information about me that will be shared and that I can request an update at any time. I have the right of access to personal information held about me and my children and can request this by making an application in writing.

This completed form will be retained by Bradford Council. Information will be stored on a secure electronic system and shared with other organisations as appropriate, and only communicated by secure means. It will be destroyed in accordance with data protection principles and Bradford Council retention policy.

Read our full [Privacy Notice](#).

If you are the Parent/Carer you are also giving your permission to share personal information about young people (under 16) in your care.

Please ensure that consent is clearly documented below BEFORE submitting this form

Parent(s)/ Carer(s)

Signature

Date

Young Person(s)

Signature

Date

FOR OFFICE USE ONLY

Date Inputted:		Worker Inputting (Initials):		Form Scanned:		Form Uploaded to Family File:		Form Returned to Parenting Co-ordinator:	
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