

Age range	FAMILY CENTRE BASED/VIRTUAL PROGRAMMES	PLEASE TICK
Pregnancy	<p>Welcome to the World The Welcome to the World programme is an 8 week face to face group for parents expecting a baby. Or 5 weeks if due date is soon. Parents attend the group from approximately 24 weeks of pregnancy.</p> <p>Topics include empathy and loving attentiveness, infant brain development, healthy eating choices, breast-feeding, infant care, managing stress and difficult feelings, promoting self-esteem and confidence, and the couple relationship.</p>	
PAIR Team Pregnancy to 2 years	<p>The Parent and Infant Relationship (PAIR) team Please refer directly via our website link or add details in notes below</p> <p>PAIR Team & Child Wellbeing support</p> <p>The Parent and Infant Relationship (PAIR) team works with parents, carers, primary caregivers, foster carers, and the infants in their care, aged between 20 weeks gestation through to the child's 2nd birthday (1001 critical days). Parents may struggle with lack in confidence in their parenting, feelings of isolation, managing sleep deprivation, feeling overwhelmed, worrying about their baby, navigating changes in their relationships, or finding it difficult to bond with their baby. The PAIR Team work with both mothers and fathers, or carers, usually one to one, or in small groups. Evidence based programmes (Welcome to the World & Triple P Baby) are used and Cognitive Behaviour Therapy (CBT) strategies are tailored to provide bespoke support for parents. Taking into consideration, learning difficulties, neurodiversity and adverse childhood experiences</p>	
Pregnancy and beyond	<p>Breastfeeding Support Breastfeeding Support Age range : Pregnancy and beyond Breastfeeding support – Group, individual, Phone, email and online support available across the island -Monday to Friday. Details on website Breastfeeding Support : Isle Of Wight Family Centres Breastfeeding workshops online via TEAMS (for parents pre-birth or with new babies) – bookings via Isle of Wight Family Centres Events Eventbrite</p>	
0 to 6 months	<p>Baby Five to Thrive – 5 weeks. Supporting first time parents in building healthy relationships with their babies. Looking at the five building blocks of Respond, Talk, Play, Cuddle (Baby massage) and Relax that will help develop baby's brain and encourage them to reach their full potential . In addition, a final session covering Introducing solid foods. Can be booked via Eventbrite Isle of Wight Family Centres Events Eventbrite</p>	
0 to 4 years	<p>Supporting children's learning through play</p> <p>Parents can drop into our Volunteer led play sessions Baby Play 0 to 12 months Family Play – 0 to 4 years Sessions weekly at Carisbrooke, Sandown and Ryde Family Centres (term time only) see website Play Sessions : Isle Of Wight Family Centres</p>	
18 months to 2 years	<p>Toddler Talk 2hr Workshop online via TEAMS supporting children's speech and language development. This workshop is available to parents and carers of children aged 18 months to 2 years Isle of Wight Family Centres Events Eventbrite</p>	

2 to 3 years	<p>Language Builders – A 4 week programme supporting language development in children with delayed speech. Activities to support attention and listening skills. Designed to plug the gap between the 2 year check with the Health Visitor and referral into Speech and Language Therapy. Also suitable if already with Speech and Language. The fourth week incorporates Bookstart helps promote the benefits of sharing books and how this can promote language development. Free gift of Books and resources to share with children.</p>	
9 months to 3 years	<p>Building Blocks for Toddlers 2 weeks online via TEAMS – that promotes positive relationships with young children through the following topics:-</p> <ul style="list-style-type: none"> • Play – stages of development • Promoting language development • The art of praise and encouragement • Positive parenting strategies and managing behaviour 	
3 to 4 years	<p>School Readiness Workshop</p> <p>A 2 hour workshop to support children and their families on their ‘journey to school’. The session covers practical and emotional preparation for parents and carers of 3 to 4 year olds, based on the Five to Thrive approach and the Ready Child, Ready Family, Ready School model.</p> <p>Isle of Wight Family Centres Events Eventbrite</p>	
0 to 18 years	<p>Healthy Balance Workshop online via Teams</p> <p>90 minute workshop offering advice and guidance for healthy eating, nutrition & physical activity linked to Better health, healthier families health messages</p> <p>Isle of Wight Family Centres Events Eventbrite</p>	
3 to 13 years	<p>The Nurturing Programme (Supportive Parenting Programme)</p> <p>Building confidence in parenting and positive family relationships</p> <p>Offers positive, practical ways of guiding and nurturing children so that they learn how to handle both their feelings and their behaviour. Helping us to get the best out of family life.</p> <p>Over the 10 week programme, we look at lots of different topics, including:</p> <ul style="list-style-type: none"> • Understanding why children behave as they do • Recognising the feelings behind behaviour (ours and theirs) • Exploring different approaches to discipline • Finding ways to develop co-operation and self-discipline in children • Learning the importance of looking after ourselves 	
3 to 5 years	<p>Parenting Puzzle - 4 week Evidence based Programme for Parents</p> <p>Which offers parenting strategies to support children’s development and school readiness.</p> <ul style="list-style-type: none"> • Understanding your children’s behaviour • Listening and how babies and children communicate • Praise and encouragement • Praise and guidance • Power of play and positive moment • Boundaries and parenting styles • Understanding and managing behaviour • Looking after ourselves • Dealing with stress and conflict • Developing the Family Toolkit 	

3 to13 years	<p>The Nurturing Programme online Workshop 2.5 hours via TEAMS (Supportive Parenting Programme) Building confidence in parenting and positive family relationships</p> <p>A one-off workshop covering the principles and strategies of the Nurturing Programme. Parents can choose to attend the full course afterwards</p>	
8 to18 years	<p>Who's in Charge? 9 week programme online via TEAMS for parents and carers who have a child aged 8 to 18 who currently appears to be beyond parental control or who uses violent and abusive behaviour towards them.</p> <p>An eight week course, with a final review session after a two month period of implementing strategies within the home. The course aims to:</p> <ul style="list-style-type: none"> • Reduce parent's feelings of isolation. • Challenge parent's feelings of guilt. • Lessen deterministic thinking about causes - it is always multi-causal. • Reinforce belief in possibility of change • Clarify boundaries of what is acceptable and unacceptable behaviour • Arm parents with some simple concepts that have proved empowering • Create meaningful and practical consequences for unacceptable behaviour. • Explore anger, both children's and (often more usefully) parents' • Encourage assertiveness. • Encourage self-care • Reinforce progress and provide emotional support 	
13 years +	<p>Talking Teens online via TEAMS – Understanding your teenager - 4-week evidence-based course for parents or carers of teenagers online Via TEAMS</p> <p>Developing parents' understanding of teenage development and the influence of brain development on behaviour.</p> <ul style="list-style-type: none"> • Developing parents' understanding of the importance of listening. • Verbal and non-verbal communication. • Promoting positive approaches to boundary setting and problem-solving. • Exploring the importance of parents to teenagers. • Providing an opportunity for parents to share their experience with others. 	
13 years+	<p>Talking Teens online Workshop 2.5 hours via TEAMS A one-off workshop covering the principles and strategies of the 4-week Talking Teens programme. Parents can choose to attend the full course afterwards</p>	
5 to 19 years	<p>Child Wellbeing Practitioners (CWPs)</p> <p>Child Well Being Practitioners CWPs support children and young people within our young carers and family support service who have anxiety or symptoms of anxiety, and depression or symptoms of depression, through the delivery of low intensity, Cognitive Behavioural Therapy (CBT), informed programmes. You can access the support of Child Wellbeing Practitioners (CWPs), who work as part of the Mental Health Support Teams (MHSTs) within schools, by contacting your school's Designated Mental Health Lead (DMHL). Mental Health Support Team - MHST IOW Youth Trust</p>	

Pregnancy to 18 years	<p>Supporting Parental Relationships “Making Relationships Work” programme</p> <p>In-Person Workshops and Online Course with Katie from Love Matters “Making Relationships Work” a practical program designed to help couples have a protected time and space to:</p> <ul style="list-style-type: none"> • learn tools to enhance communication • navigate conflict • foster intimacy <p>This evidence-based workshop and online course offer tools and insights to help you understand what makes relationships work</p> <ul style="list-style-type: none"> • Improve communication and understanding • Regulate conflict with confidence and care • Build emotional intimacy and trust • Strengthen friendship and shared meaning <p>To book email: lovemattersiow@gmail.com</p>	
-----------------------	---	--