

## Family Centre Based/Virtual Programmes

### Welcome to the World

Age range : Expecting a baby

The Welcome to the World programme is an 7-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.

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.

---

### The Healthy Babies Wellbeing Team

The Healthy Babies Wellbeing Team works with any parents, carers and the infants in their care, aged between 20 weeks gestation through to the child's 2<sup>nd</sup> birthday (1001 critical days).

The Healthy Babies Wellbeing Team focuses on supporting and strengthening the bond and attachment within the parent/infant relationship - the foundations of a child's mental, physical, and emotional development and wellbeing.

The Team helps parents and carers prepare for their baby's arrival and supports them to explore some of the normal and understandable challenges that can be part of getting to know their new baby and developing a nurturing relationship.

These challenges will be different for each parent but may include: - lacking confidence in their parenting, feelings of isolation, managing routines, feeling overwhelmed, worrying about their baby, navigating changes in their relationships, or finding it difficult to bond with their baby.

- This is not suitable for if a parent is experiencing acute mental health crisis requiring PMH team
- 

### 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](#)

---

## **Baby Five to Thrive – 5 weeks**

Age range : 0 - 6 months

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 session covering **Introducing solid foods** can be booked via Eventbrite [Isle of Wight Family Centres Events | Eventbrite](#)

---

## **Supporting children's learning through play**

Age range : 0-4 years

**Parents can drop into our** Volunteer led play sessions

**Baby Play** 0 - 12 months **Family Play** – 0-4 years

Sessions weekly at Carisbrooke, Sandown and Ryde Family Centres (term time only) see website [Play Sessions : Isle Of Wight Family Centres](#)

---

## **Building Blocks Workshop**

Age range: 9 months - 3 years

**Building Blocks is 2 weeks online via TEAMs** – supporting children's speech and language development and promoting positive relationships with young children through the following topics:-

Week 1

- Promoting language development
- Play – stages of development and creative ways to use everyday household items to design fun, engaging activities that support children's learning and development.

Week 2

- The art of praise and encouragement
  - Positive parenting strategies and guiding behaviour
- 

## **Language Builders**

Age range: 2 - 3 years

A 3-week programme supporting language development in children with delayed speech. Activates to support listening and attention skills. Designed to bridge the gap between the 2 year check with the health visitor and referral into speech and language therapy. Week 1 incorporates Bookstart which helps to promote the benefits of sharing books and how this can aid language development, children will receive a free bookbag.

### **School Readiness Workshop:**

- Age range: 3 - 4 years
- A 2-hour workshop to support children and their families as they approach starting school. The one-off session focuses on both practical and emotional preparation for parents/carers of 3–4-year-olds, answering questions such as: What does “school readiness” mean? and What steps can I take to ensure my child and the family are ready?

[Isle of Wight Family Centres Events | Eventbrite](#)

---

### **Creating Healthy Habits Workshops – online via Teams**

Age range: 0 - 18 years

90-minute workshop offering advice and guidance for healthy eating, nutrition & physical activity linked to **Better health, healthier families** health messages including oral health and toileting.

[Isle of Wight Family Centres Events | Eventbrite](#)

---

### **Parenting Puzzle (Supportive Parenting Programme)**

Age range: 3 - 5 years

**Parenting Puzzle - 4 week Evidence based Programme for Parents** offers parenting strategies to support children’s development and school readiness.

- 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
- 

### **The Nurturing Programme (Supportive Parenting Programme)**

Age range: 5 - 13 years

Building confidence in parenting and positive family relationships

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.

Over the 8-week Evidence Based Programme, we look at lots of different topics, including:  
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

### **The Nurturing Programme Workshop (Supportive Parenting Programme) - 2.5 hours via TEAMS**

Age range: 5 - 13 years  
Building confidence in parenting and positive family relationships

A one-off workshop covering the principles and strategies of the Nurturing Programme. Parents can choose to attend the full course afterwards.

---

### **Who's in Charge? Parenting Programme**

Age range: 8 - 18 years  
This nine week group programme is for parents and carers who have a child aged 8-18 years who currently appears to be beyond parental control or who uses violent and abusive behaviour towards them.

#### **An eight week course, with a final review session after a two month period of implementing strategies within the home.**

The course aims to:

- 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
- 

### **Talking Teens (Supportive Parenting Programme)**

Age range: 13 years+

**Understanding your Teenager** – Talking Teens 4-week online evidence-based programme for parents/carers of teenagers.

- Developing parents' understanding of teenage development and the influence of brain development on behaviour.
- 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.
- 

### **Talking Teens online Workshop – 2.5 hours**

Age range: 13 years+

A one-off workshop covering the principles and strategies of the Talking Teens programme.

Parents can choose to attend the full course afterwards

---