

<b>Age range</b>	<b>FAMILY CENTRE BASED/VIRTUAL PROGRAMMES</b>
Pregnancy -6 months	<p><b>Baby Incredible Stages, 5 week online via zoom</b> focusing on supporting expectant parents &amp; parents of a baby up to 6mths. Does NOT need to be a first-time parent. Looking at bonding and attachment, nurturing, baby massage, communication &amp; play, sleep and safety.</p>
Pregnancy and beyond	<p><b>Breastfeeding support</b> is available from our workers with specialist knowledge and can be offered via video calls or phone. Alternatively, we will redirect to health visitors or our play sessions with breastfeeding peer supporters in attendance.</p> <p><b>Breastfeeding workshops online via zoom</b> (for parents pre-birth or with new babies) – bookings via <a href="#">Isle of Wight Family Centres Events   Eventbrite</a></p>
0-6 months	<p><b>Baby Five to Thrive – 5 weeks.</b> 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 plus a session covering starting solid foods Can be booked via eventbrite <a href="#">Isle of Wight Family Centres Events   Eventbrite</a></p>
0-4 years	<p><b>Supporting children’s learning through play</b></p> <p><b>Parents can drop into our</b> Volunteer led play sessions</p> <p><b>Baby Play</b> 0 - 12 months <b>Family Play</b> – 0-4 years</p> <p>Sessions weekly at West Newport, Sandown and Ryde Family Centres (term time only) see website <a href="#">Play Sessions : Isle Of Wight Family Centres</a></p>
18 mths - 2	<p><b>Toddler Talk 1.5hr Workshop online via zoom</b> supporting children’s speech and language development. This workshop is available to parents and carers of children aged 18m-2 years <a href="#">Isle of Wight Family Centres Events   Eventbrite</a></p>
2-3 years	<p><b>Language builders – A 4 week</b> programme supporting language development in children with delayed speech. Activities to support attention and listening skills. Valuable whilst children wait for a referral to come through from the Speech and Language Therapists, however a referral does not need to be in place. 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 -3 years	<p><b>Building Blocks for Toddlers workshop online via zoom</b>–that promotes positive relationships with young children through the following topics:-</p> <ul style="list-style-type: none"> <li>• Play – stages of development</li> <li>• Promoting language development</li> <li>• The art of praise and encouragement</li> <li>• Positive parenting strategies and managing behaviour</li> </ul>
3-4 years	<p><b>Getting Ready for School Workshop online via zoom (1.5 hours) or 4 week course</b> A Virtual interactive session to help the whole family to prepare and adjust to school life. Based on the Five to Thrive approach, along with the Ready Child, Ready Family and Ready School model <a href="#">Isle of Wight Family Centres Events   Eventbrite</a></p>

0-18 years	<p><b>Healthy Balance Workshops online via zoom</b>  90 minute workshops offering advice and guidance for healthy eating, nutrition &amp; physical activity linked to Change4Life health messages  <a href="#">Isle of Wight Family Centres Events   Eventbrite</a></p>
3-13 years	<p><b>Family Links – 10 week Evidence based Nurturing programme for parents</b>  which offers positive, practical ways of guiding and nurturing children so that they learn how to handle both their feelings and their behaviour.</p> <ul style="list-style-type: none"> <li>• Develop an understanding on child development</li> <li>• Empathy and praise within the family</li> <li>• Establish family rules, rewards and positive discipline</li> <li>• Personal power and self esteem</li> <li>• Staying safe around sex and online safety</li> <li>• Actively ignoring, problem solving and negotiating</li> <li>• A whole family approach around your journey</li> </ul>
3-5 years	<p><b>Parenting Puzzle - 4 week Evidence based Programme for Parents</b>  Which offers parenting strategies to support children’s development and school readiness.</p> <ul style="list-style-type: none"> <li>• Understanding your children’s behaviour</li> <li>• Listening and how babies and children communicate</li> <li>• Praise and encouragement</li> <li>• Praise and guidance</li> <li>• Power of play and positive moment</li> <li>• Boundaries and parenting styles</li> <li>• Understanding and managing behaviour</li> <li>• Looking after ourselves</li> <li>• Dealing with stress and conflict</li> <li>• Developing the Family Toolkit</li> </ul>
3-13 years	<p><b>Family Links Workshop online via zoom – 2.5 hours</b>  A one-off workshop covering the principles and strategies of the Family Links programme. Parents can choose to attend the full course afterwards</p>
0-18 years	<p><b>Supporting Parent Relationships</b></p> <p><b>One plus one digital resource</b> <a href="http://oneplusone.org.uk">Parent guide for England (oneplusone.org.uk)</a>  Designed to help parents reflect on conflict in their relationship with current or ex-partners.  This resource contains 4 main sections</p> <ul style="list-style-type: none"> <li>• You me and baby too</li> <li>• Arguing better</li> <li>• Getting it right for children</li> <li>• Debt and Relationships</li> </ul>
8-18 years	<p><b>Who’s in Charge? 9 week programme</b> for parents and carers who have a child aged 8-18 who currently appears to be beyond parental control or who uses violent and abusive behaviour towards them.  We recommend parents have completed Family Links, Talking teens, Cygnet or Parent Factor in the first instance</p> <p><b>An eight week course, with a final review session after a two month period of implementing strategies within the home.</b>  The course aims to:</p>

	<ul style="list-style-type: none"> <li>• Reduce parent’s feelings of isolation.</li> <li>• Challenge parent’s feelings of guilt.</li> <li>• Lessen deterministic thinking about causes - it is <b>always</b> multi-causal.</li> <li>• Reinforce belief in possibility of change</li> <li>• Clarify boundaries of what is acceptable and unacceptable behaviour</li> <li>• Arm parents with some simple concepts that have proved empowering</li> <li>• Create meaningful and practical consequences for unacceptable behaviour.</li> <li>• Explore anger, both children’s and (often more usefully) parents’</li> <li>• Encourage assertiveness.</li> <li>• Encourage self-care</li> <li>• Reinforce progress and provide emotional support</li> </ul>
<p>3-17 Years</p>	<p><b>Support for neurodiverse families</b>  <b>Please refer directly via Hampshire and Isle of Wight Support for Neurodiverse Families <a href="#">Hampshire and IOW Support for Neurodiverse Families Referral Form   Barnardo's (barnardos.org.uk)</a></b></p> <p>Provides evidenced based skills building programmes for parents and carers who have children aged 3-17 who have a diagnosis for Autism or ADHD or are on the pathway.</p> <p>We offer the following programmes with wrap-around support:  Cygnet (for ASC) Core programme, with additional supporting siblings and puberty, sexual wellbeing and relationships modules  The Parent Factor for ADHD  Family Links The Nurture Programme  Talking Teens  Right from the Start (suitable for 3-5 year olds on the Autistic pathway)</p>
<p>13 years +</p>	<p><b>Talking Teens -4 week online via zoom evidence based course for parents or carers of Teenagers</b></p> <ul style="list-style-type: none"> <li>• Exploring the importance of parents for teenagers</li> <li>• Developing parents’ understanding of teenage development and the influence of brain development on behaviour</li> <li>• Developing parents’ understanding of the importance of listening, verbal and non-verbal communication</li> <li>• Promoting positive approaches to boundary setting and problem-solving</li> <li>• Providing an opportunity for parents to share their experience with others.</li> </ul>
<p>13 years+</p>	<p><b>Talking Teens online Workshop – 2.5 hours</b>  A one-off workshop covering the principles and strategies of the Talking Teens programme. Parents can choose to attend the full course afterwards</p>
<p>5-19 years</p>	<p><b>Child Wellbeing Practitioners (CWPs)</b> support children and young people 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.</p> <p>The referral will be triaged and if viewed to be an appropriate case for the CWPs to work with, the parents/carer and child will be invited to an initial assessment. This initial assessment will determine if the programmes of support are suitable for the child and parent, and which programme would be most beneficial. The CWP will work solely with the parent if the child is 12 and under, and they will</p>

	<p>work directly with young people aged 13-19. On occasions the CWP may work with the young person and parent together.</p>
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