

Parenting Skills & Strategies Sessions are being held at the following times and venues from January 19

**Blandford Children's Centre, Black Lane, Blandford**

**Fridays: 9.30 — 11.30am**

**Sessions 11/1/19 8/2/19 8/3/19**

**Shaftesbury Children's Centre, Wincombe Lane, Shaftesbury**

**Thursdays 9.30-11am**

**Sessions 24/1/19 21/2/19 21/3/19**

**Sturminster Newton, William Barns Primary school**

**Tuesdays 9.30-11am**

**Sessions 15/1/19 12/2/19 19/3/19**

**Gillingham Primary School, School Lane, Gillingham**

**Wednesdays 1.30-3pm**

**Sessions 23/1/19 13/2/19 20/3/19**

**Sherborne Children's Centre, Tinney's Lane, Sherborne**

**Mondays 9.30-11am**

**Sessions 21/1/19 25/2/19 25/3/19**

For more information please contact your local Family Partnership Zone or phone 01305 224310

# Family Partnership Zone

## Parenting Skills & Strategies Sessions

### Need Parenting Skills & Strategies



## The way we provide this support is changing

## What are Parenting Skills & Strategies?

These monthly sessions offer practical positive behaviour skills and strategies, alongside other parent/carers. They are based on the principles of well researched parenting programmes. We cover impulsive, inattentive and hyperactive children but we are not ASD specific. This may need specialist support through your paediatrician. Please ask our staff for further information and support for ASD children.

## I've never been to a Parenting group before — does that matter?

Not at all! Come along—this is where we help you to find some new alternatives to change your child's behaviour in a calm and positive way. As parents you know your children better than anyone, we work with that knowledge to help you make changes.

## What if I have already done a Parenting Course?

This is for you too! We will re-visit some of the great stuff you learnt, principles such as "When, Then" and "Special Time" and having "FUN".

## I'm worried everyone will be perfect parents

There is no such thing as a perfect parent. This group is for all parents and carers who are seeking some support to improve their children's behaviour and change the way they interact with their children.

## My child isn't a toddler—isn't this for young children?

We ask parents of children under 2 to contact their health visitor in the first instant for advice, e.g. sleeping routines, weaning and general parent support. The Family Partnership Zone is a group of professionals trained to work with families. We draw on the different expertise of the team members to make sure that the behaviour strategies and skills learnt by parents work across all ages.

## What if I need a bit more support?

If you feel that you would benefit from more regular support, we can assess what your needs are and work with you the best plan for your family.

Due to the nature of discussions this group is for adults only.