



# CITY & HACKNEY'S Parent Programme Directory

City & Hackney  
**CAMHS**  
Alliance

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# Description of parenting programmes in Hackney

'Parenting is an important part of loving and caring for your child. Good parenting is about providing a warm, secure home life, helping your child to learn the rules of life (e.g. how to share, respect others, etc.) and to develop good self-esteem.'

(Royal college of Psychiatrists March 2012)

Being a parent and raising children is one of the most important and rewarding jobs. At the same time it can be hard work and challenging. Babies and children change and develop at a rapid rate and parents need to adapt their approach to keep up. Parenting programmes are one type of support available to parents and carers, which provides them with the opportunity to develop their skills and strategies in parenting and raising their children.

Parenting programmes are mostly delivered to groups of parents and carers, who come together to work through a programme which has a track record of improving outcomes for families. The parenting programmes are delivered and facilitated by a trained worker who has experience of delivering the programme and supporting parents and carers to develop their parenting skills.

In City and Hackney we recognise that parents will require access to different levels of parenting programmes depending on their particular circumstances. Therefore we have provided an overview of the Parenting Programmes provided and indicated which circumstances each programme will best meet:

- **Universal** - Information, advice, support and guidance for all parents and carers and their families
- **Universal Plus Partnership** - Early identified, and increasing, needs are being experienced by parents and carers and their families
- **Complex/High risk** - Specialist and statutory support for parents and carers and their families where poor outcomes exist

**“There is no more important job in any society than raising children, and there is no more important influence on how children develop than their parents.”**

**(Laurence Steinberg)**



# COACH

## Programme Overview:

COACH is an evidence-based programme, designed and piloted by Hackney Children and Families Services, to meet the needs of children in the local area with or at high risk of behavioural difficulties. The COACH programme is made up of three components:

- **A 7 session children's group intervention** which focuses on identifying and understanding emotions, managing anger and social problem solving.
- **A 5 session PSHE children's group** which focuses on mindfulness, taking risks and being safe in the community.
- **A series of parenting programmes** which focus on behaviour management and empathic parenting strategies.

## Eligibility criteria:

COACH is for children aged 7 - 11 years who meet several of the below:

- At risk of school exclusion;
- Not attending school regularly;
- Has low academic achievement;
- Presents with emotional, social or behavioural difficulties in school;
- There are concerns about peer group influence on the child;
- Sibling or other family members involvement in crime and/or anti-social behaviour;
- Family affected by economic or social hardship;
- Family are socially excluded/isolated.

## Contact information:

Dr Anette Eneberi, Clinical Psychologist  
Hackney Children and Families Clinical Service



0208 356 3475



ClinicalTeam@hackney.gov.uk

## Accessing the programme:

Referrals are accepted from professionals. If it is agreed that a family meet the eligibility criteria and would benefit from COACH, they will be contacted and informed of the start date for the next COACH cohort.



# Compassion Focussed Therapy Group for Parents

## Parenting Programme Overview:

The Compassion Focussed Therapy (CFT) Group for parents is a programme delivered over six weeks, and each session lasts an hour. Over the course of the group, parents will develop skills and techniques that will allow them to be more kind and compassionate towards themselves. The group acknowledges that many of the parents attending may have experienced significant trauma in their lives. Such experiences are commonly responded to with blame and self-criticism. Therefore the CFT group encourages parents to respond to these experiences differently with compassion. Each group session is delivered by two clinicians.

## Eligibility criteria:

Parents of children who are open to Hackney Children's Social Care, who have been identified as having low self-esteem, high levels of blame and self-criticism, or those that do not feel confident in their parenting ability.

## Contact information:

Hackney Children and Families Clinical Service



0208 356 3475



ClinicalTeam@hackney.gov.uk

## Accessing the parenting programme:

Referrals are accepted from professionals working directly with parents and their children (e.g. social workers, family practitioners). Once a parent has been identified as meeting the criteria for the CFT group they will either be contacted by one of the group facilitators to discuss the group further, or will be invited in for a pre-group meeting.



# Cygnets group

## Parenting Programme Overview:

Cygnets is a parenting support programme, developed by the children's charity Barnardo's and run by trained facilitators at Hackney Ark. The group is for parents/carers of children over the age of 9 - 14 years old with a diagnosis of autism spectrum disorder (ASD). The group is 6 sessions long, with topics including autism & diagnosis, communication, sensory difficulties, behaviour, managing behaviour, siblings and puberty & sexuality. CAMHS Disability run the groups to cover transition to secondary school and puberty. They also offer the groups at the Specialist ASD school - The Garden School, and co-ordinate the provision from CAMHS Disability.

### Eligibility criteria:

This group is for parents/carers of children over the age of 9 years old with a diagnosis of autism spectrum disorder (ASD), across spectrum.

### Contact information:

Please contact the CAMHS Disability team at Hackney Ark



020 7014 7071

### Accessing the parenting programme:

Parents of children who have come through a pathway for diagnosis can be referred for intervention about transition to secondary and puberty, or parents/carers can self-refer to the programme by contacting CAMHS Disability on 020 7014 7071. Parents may be invited to attend a triage appointment prior to the group to assess suitability.



# Early Bird

## Parenting Programme Overview:

Earlybird is a course for parents of children aged up to 5 who have just received a diagnosis of Autistic Spectrum Disorders (ASD). The course offers information to develop an understanding of ASD and behaviour as well as strategies to support children with ASD.


The course is run four times a year in Hackney, by Specialist Teachers, Educational Psychologists, Clinical Psychologists, Speech & Language Therapists and Family Support Workers.

## Eligibility criteria:

For parents of children aged up to 5 years who have a recent diagnosis of ASD.

## Contact information:

Please contact Earlybird coordinator in CAMHS Disability at Hackney Ark -

 020 7014 7071

## Accessing the parenting programme:

Referrals are accepted from professionals involved with the family. This is usually a member of the ASD assessment team.

Where a parent or carer is interested in attending, they are advised to call the Earlybird coordinator in CAMHS Disability at Hackney Ark on 020 7014 7071.



# Earlybird Plus

## Parenting Programme Overview:

Earlybird Plus is a course for parents of children aged 5 - 8 years old with a diagnosis of Autistic Spectrum Disorder (ASD). The course offers information to develop an understanding of ASD and behaviour as well as strategies to support children with ASD. It also invites a staff member working with the child at school to attend the course with the parents/carers in order to develop coherent strategies to support the child at school and home.


The course is run four times a year at Hackney Ark in Hackney, by Specialist Teachers, Educational Psychologists, Clinical Psychologists, Speech & Language Therapists and Family Support Workers.

### Eligibility criteria:

For parents of children aged 5 – 8 who have a recent diagnosis ASD.

### Contact information:

Please contact Earlybird coordinator in CAMHS Disability at Hackney Ark

 020 7014 7071

### Accessing the parenting programme:

Referrals are accepted from professionals involved with the family. This is usually a member of the ASD assessment team.

Where a parent or carer is interested in attending, they are advised to call the Earlybird coordinator in CAMHS Disability at Hackney Ark on 020 7014 7071.





# Empowerment for Parents

## Parenting Programme Overview:

Empowerment for Parents uses an emotional literacy approach to parenting. It aims to empower participants to develop highly effective parenting skills, by developing the knowledge, techniques and strategies necessary to develop and maintain healthy family relationships.

There are two strands:

Strand A has 10 weekly sessions, with each session delivered over three hours

Strand B has 10 weekly sessions, with each session delivered over three hours

## Eligibility criteria:

Universal

Universal and Universal Plus Partnership

Complex/High risk

## Contact information:

Kome Owuasu



0207 9238350



office@acschool.org.uk

## Accessing the parenting programme:

Parents are recruited and invited to attend the programmes.

Sessions are delivered to a group of parents (minimum 4-6, maximum 16)



# HENRY

## Parenting Programme Overview:

The HENRY *Healthy Families* programme supports parents/carers of children under 5 to provide a healthy, happy environment for the whole family. The following 5 themes are covered to provide families everything they need to help young children have a healthy start in life: Parenting confidence; Physical activity for little ones; What children and families eat; Family lifestyle habits; Enjoying life as a family.

HENRY is delivered over 8 sessions, to parents of children aged 0-5 years. Each session lasts for 2½ hours. The first two hours of the session focuses on parents and the last 30 minutes is focused on the family time when parents and their children come together.

### Eligibility criteria:

Universal

### Contact information:

HENRY Healthy Families Group Coordinator at:



07519109876



[hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk)



[www.henry.org.uk/hackney](http://www.henry.org.uk/hackney)

### Accessing the parenting programme:

Parents are recruited and invited to attend the programmes.

Sessions are delivered to a group of parents (minimum 6, maximum 10)



# Incredible Years

## Parenting Programme Overview:

Incredible Years seeks to alter the quality of relationships between parents and children and children with their peers. It is an early prevention programme designed to:

- Teach parents how to foster positive behaviours in their children and give parents some effective techniques for dealing with common behaviour
- Promote positive and nurturing parenting and to increase parental involvement in school.

This is a structured manual based parenting programme which covers play, praise and limit setting.

Incredible Years is usually delivered over 12 weekly sessions. Each two hour session is interactive and collaborative, using a multiple learning approach. This includes watching video clips, discussing experiences and concerns, sharing ideas, practicing skills and home tasks.

## Eligibility criteria:

Universal and Universal Plus Partnership  
Complex/High risk

It can be used for all parents or as targeted, specialist or treatment programme for parents of school aged children exhibiting a range of behaviour difficulties.

[www.incredibleyears.com](http://www.incredibleyears.com)

## Contact information:

First Steps Early Intervention and Community Psychology Service

 0207 014 7135  [www.cityandhackneycamhs.org.uk](http://www.cityandhackneycamhs.org.uk)

## Accessing the parenting programme:

First Steps deliver their early intervention version of the Incredible Years School-Age Parenting Group (for parents of children aged 5-11) two-three times per year, in various locations across the borough (children's centre, schools, community centres). Referrals to the group can be made by professionals or by the parents/carers themselves.

Please note that First Steps' early intervention parenting groups are appropriate for parents who are experiencing some difficulties in managing a range of parenting or child behaviour problems (of a mild-moderate level), or would like to meet other parents and receive support around typical child behaviours and developmental issues. First Steps are unable to work with families who are currently open to Children's Social Care.

For more information or to discuss a potential referral contact First Steps on: 0207 014 7135, [www.cityandhackneycamhs.org.uk/](http://www.cityandhackneycamhs.org.uk/)



# Mindfulness for Special Guardians

## Parenting Programme Overview:

A Mindfulness Based Cognitive Therapy 8 session group programme for Special Guardians. The programme teaches a wide range of mindfulness practices and provides guidance and support for weaving the practices into busy family life. Mindfulness is a way of bringing focused attention to feelings, thoughts, and bodily sensations in the present moment. This intentional awareness increases participants' capacity to 'respond' to stressful situations rather than just to 'react'; and provides strategies for both carers and their young people to practice in moments of emotional 'dysregulation'.

The course is designed so that each mindfulness practice is followed by a psychologist led discussion which allows carers to develop ways in which they can apply the practices to the relationships with the children in their care.

## Eligibility criteria:

Carers with Special Guardianship status who are eligible for funding by the Adoption Support Fund (ASF)

## Contact information:

Jo Temple  
Hackney Children and Families Clinical Service

 0208 356 3475

 [ClinicalTeam@hackney.gov.uk](mailto:ClinicalTeam@hackney.gov.uk)

## Accessing the parenting programme:

Referrals to the group can be made by professionals or by the Special Guardians themselves.



# New Beginnings

## Parenting Programme Overview:

The New Beginnings mother and baby group is a short term, evidence-based group intervention, developed by the Anna Freud Centre. The group aims to increase the mother's knowledge about infant development and enable her to consider her child's and her own thoughts and feelings within their relationship. The intervention helps to facilitate more positive interactions between mother and infant. Additionally, New Beginnings seeks to improve the mother's state of mind and help her feel she is a better mother, to decrease levels of social isolation and to increase the mother's ability to access and make use of available services and supports.

The intervention takes place over 12 consecutive weeks and is usually run in one of the local children's centres. Two groups are offered per year, usually starting in April and September. Each session begins with a stay and play, followed by the group itself, then a shared lunch.

## Eligibility criteria:

The group can be accessed by families where the baby is open to Hackney Children and Families Service (Children's Social Care). Babies must be under 8 months old at the start of the group. Parents must be willing and able to attend group sessions for 12 weeks, and for facilitators to meet with them prior to the group starting and after it has finished.

Parents must have a sufficient level of English to be able to participate in a group based-intervention. Parents with mental health needs should have a sufficient level of stability to participate in a group setting where personal issues are discussed. We are not able to offer the group to parents where there are current severe issues with alcohol or substance use.

## Contact information:

Children and Families Clinical Service via allocated social worker.

## Accessing the parenting programme:

Referrals of a parent and unborn baby or a parent and baby to the group should be made via the baby's social worker within Hackney Children and Families Service (CFS)



# Non Violent Resistance

## Parenting Programme Overview:

Non-Violence Resistance is a parenting programme based on the approaches and principles used by Martin Luther King and Mahatma Gandhi.

The programme is delivered over 12 weeks, with each session lasting 2 hours. There are 12 themes covered in the programme, which aims to empower parents to de-escalate any form of physical and verbal violence from their child. The focus is on the parents noticing the behaviours displayed, that lead to violence so that they are enabled to understand the behaviour. This will include how they may have contributed to the escalation.

Each session is delivered by 3 clinicians and a graduate parent.

## Eligibility criteria:

Complex/High risk

## Contact information:

Specialist CAMHS




15, Homerton Row E9 6ET



020 3222 5600

## Accessing the parenting programme:

Referrals are accepted from professionals. Once a parent has been identified as meeting the criteria for the parenting programme they are invited to a pre-meeting.



# Fostering Changes and Nurturing Attachments

## Programme Overview:

Fostering Changes and Nurturing Attachments is a 12-week group programme specifically designed for foster carers and Special Guardians who are looking after children with attachment difficulties, emotional and behavioural difficulties and/or who have experienced trauma and abuse. It provides an opportunity for carers to develop their understanding of their children's emotional needs, to develop skills in managing difficult behaviour, and to reflect on their experiences and receive support from others. The Hackney programme is based on combining different evidence-based approaches that have been developed by the National Specialist Fostering Service at Maudsley Hospital, by Coram BAAF and by Dr Kim Golding, a Clinical Psychologist who specialises in working with Looked After Children using an approach known as Dyadic Development Psychotherapy (DDP). By combining different models, the Hackney Fostering Changes and Nurturing Attachments group aims to support foster carers and Special Guardians with both positive behaviour management and techniques and/or approaches, and with developing therapeutic parenting skills. These can be used in day to day situations, and work together to give children experiences that help them develop better self-regulation, whilst promoting secure attachments.

## Eligibility criteria:

This course is open to, and free for, any Hackney foster carer or Special Guardian. Places for foster carers employed by Independent Fostering Agencies are subject to a registration fee.

## Contact information:

Hackney training team

✉ [hcyps.training@hackney.gov.uk](mailto:hcyps.training@hackney.gov.uk)

## Accessing the parenting programme:

Referrals are accepted from social workers and supervising social workers. The course typically runs twice a year.



# Parents As Partners

## Parenting Programme Overview:

Group work programme to help couples and co-parents who want to work positively together to manage family life, for the benefit of their children.

All parents are welcome whether - married, living together, separated or divorced.

### Each group provides:

- A safe space to think through difficulties
- New, more constructive ways of resolving your differences
- Support from other parents in similar situations

### The programme has proven results in:

- improving your communication and relationship
- strengthening your family
- helping you manage the challenges and stresses of family life

This evidence based programme brings parents together in a safe space.

8 weekly sessions - 2 hours each session.

Each group focuses on strengthening the relationship between co-parents, through finding new and more constructive ways to resolve differences.

## Eligibility criteria:

Universal

Parents with at least one child under the age of 11.

Both parents need to attend.

## Contact information:



020 7380 6099



[www.family-action.org.uk/parentsaspartners](http://www.family-action.org.uk/parentsaspartners)



[parentsaspartners@family-action.org.uk](mailto:parentsaspartners@family-action.org.uk)

## Accessing the parenting programme:

Parents are recruited and invited to attend the programmes.

Sessions are delivered to a group of parents (maximum 16)





# Parent Gym

## Parenting Programme Overview:


Parent Gym is a series of six sessions lasting 2 hours and is proven to increase parents' skills and confidence and so improve the behaviour and wellbeing of their children. The programme has been designed by leading psychologists and is suitable for parents of children aged 2-11. The sessions are highly interactive and participative. Each programme has up to 20 parents with one Parent Gym coach. The following topics are covered over the 6 weekly sessions:

- Positive Talk
- Love
- Boundaries
- Raising healthy children
- Building a solid family support network

## Eligibility criteria:

Parents with children aged 2 – 11 years

## Contact information:

 [info@parentgym.com](mailto:info@parentgym.com)  020 7368 5698

## Accessing the parenting programme:

Parents are recruited and invited to attend the programmes.  
Sessions are delivered to a group of parents (minimum 6, maximum 20)



# Positive Parenting

## Parenting Programme Overview:

Positive Parenting provides a support to parents who have a child with a mild to severe learning disability. Parents are supported to develop positive strategies in parenting a child with special needs. Each session enables parents to share and learn from each other. The group is facilitated by a clinical psychologist and an assistant psychologist. There are 6 weekly sessions and each session runs for 2 hours. There are 6-10 families in a group.

Topics covered includes:

- Building positive relationship with your child (praise and play)
- Understanding your child's behaviour as a way of communication
- Managing challenging behaviours
- Attitudes and beliefs regarding parenting a child with special needs

## Eligibility criteria:

Parents attending should have a child with 3-8 years old developmental level, without autism and known to Hackney Ark.

## Contact information:

Please contact CAMHS Disability at

 020 7014 7071       [huh-tr.camd@nhs.net](mailto:huh-tr.camd@nhs.net)

## Accessing the parenting programme:

Referrals are accepted from professionals involved with the family. Where a parent or carer is interested in attending, they are advised to call 020 7014 7071 and ask to speak with the group facilitators.



# Solihull Approach

## Parenting Programme Overview:

The Solihull Approach improves parent sensitivity and responsiveness in the parent child relationship, by helping parents develop ways of relating to their child that promotes child development and effective behaviour management.

There are 10 weekly sessions, each running for 2 hours.

### Eligibility criteria:

Universal and Universal Plus Partnership

### Contact information:

First Steps Early Intervention and Community Psychology Service (Homerton Community CAMHS)

### Accessing the parenting programme:

First Steps deliver their early intervention version of the Solihull Approach Parenting Group, called Understanding Your Child's Behaviour (for parents of children aged 0-5) two-three times per year, in various locations across the borough (children's centre, schools, community centres). Referrals to the group can be made by professionals or by the parents/carers themselves.

Please note that First Steps' early intervention parenting groups are appropriate for parents who are experiencing some difficulties in managing a range of parenting or child behaviour problems (of a mild-moderate level), or would like to meet other parents and receive support around typical child behaviours and developmental issues. First Steps are unable to work with families who are currently open to Children's Social Care.

For more information or to discuss a potential referral contact First Steps on: 0207 014 7135, [www.cityandhackneycamhs.org.uk/](http://www.cityandhackneycamhs.org.uk/)



# Speakeasy

## Parenting Programme Overview:

This programme encourages parents to provide positive sex and relationships education in the home and to take on the role of sex and relationships educator.

Speakeasy is delivered over 8 weekly sessions. Each session runs for 2 hours. Parents are recruited and invited to attend the programme. The sessions are delivered, by two facilitators, to a group of parents (minimum 6, maximum 12). It is usual for a taster session to be delivered prior to the programme starting. Backed up by the extensive training resources and training expertise of Family Planning Association, the Speakeasy course offers a flexible and relaxed way for parents and carers to gain greater confidence in an area that can cause embarrassment and awkwardness. Parents are taught in small groups using creative methods such as collage and artwork, role play and games. More traditional written work is set for parents who wish to gain Gateway Qualifications accreditation.

### Eligibility criteria:

Universal

Parents of children of all ages

### Contact information:

Claire Lightley, Head of Training



020 7608 5277



[speakeasy@fpa.org.uk](mailto:speakeasy@fpa.org.uk)

### Accessing the parenting programme:

Parents are recruited and invited to attend the programmes.

Sessions are delivered to a group of parents (minimum 8, maximum 12)



# Strengthening Families Strengthening Communities (SFSC)

## Parenting Programme Overview:

SFSC is a universal and inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children. It helps parents to think about their own experiences and about how their culture and family backgrounds have shaped their parenting styles. The course also looks at the importance of community involvement.

Parents are recruited and invited to attend the programme. There are 13 weekly sessions. The first session is an introductory session and each session lasts for 3 hours. The programme is facilitated by two facilitators

## Eligibility criteria:

Universal

Universal and Universal Plus Partnership

Parents of children aged 3-18 years.

## Contact information:

Family Support Managers at the following strategic Children Centres

Ann Tayler Children's Centre	020 7275 6020
Children's Centre at Tyssen	020 8806 4130
Linden Children's Centre	020 7254 9939
Millfields Children's Centre	020 8525 6410
Sebright Children's Centre	020 7749 1210
Woodberry Down Children's Centre	020 8815 3270

## Accessing the parenting programme:

Referrals are accepted from professionals. Once a parent has been identified as meeting the criteria for the parenting programme they are invited to a pre-meeting (minimum 8, maximum 12).



# Teen Triple P

## Parenting Programme Overview:

Triple P is a parenting and family support strategy that aims to prevent severe behavioural, emotional and developmental problems in children by promoting positive relationships between parents and their teenagers. This is achieved by helping parents to develop their knowledge, skills and confidence in effective management strategies for dealing with a variety of common developmental issues and adolescent behaviour problems.

8 weekly sessions (4 group sessions + 3 individual consultations + 1 end of programme group session) - 2 hours for each group session.

The groups cover a number of topics including:

- Encouraging behaviours you like
- Developing positive relationships
- Teaching new skills and behaviours
- Dealing with teenagers' emotions
- Managing problem behaviour
- Dealing with risky behaviour
- Taking care of yourself as a parents

Each session uses a range of approaches which includes watching video, clips, discussing experiences and concerns, sharing ideas, completing exercises, practicing skills, home tasks and telephone support

## Eligibility criteria:

Universal and Universal Plus Partnership

Complex/High risk

Parents and carers of children (0-12 years) and teenagers (12-16 years) with mild to severe behavioural or emotional difficulties.




# Teen Triple P

## Contact information:

First Steps Early Intervention and Community Psychology Service (Homerton Community CAMHS) & Hackney Quest

 [familysupport@hackneyquest.org.uk](mailto:familysupport@hackneyquest.org.uk)

 020 8525 6490

## Accessing the parenting programme:

Hackney Quest accepts referrals for the group from professionals. Once a parent has been identified as meeting the criteria for the parenting programme they are invited to a pre-meeting. For more information or to discuss a referral contact: Hackney Quest [familysupport@hackneyquest.org.uk](mailto:familysupport@hackneyquest.org.uk); 020 8525 6490

First Steps deliver their early intervention version of the Teen Triple P for parents of young people aged 11-16, two-three times per year, in various locations across the borough. Referrals can be made by professionals or by the parents/carers themselves. Please note that First Steps' early intervention parenting groups are appropriate for parents who are experiencing some difficulties in managing a range of parenting or child behaviour problems (of a mild-moderate level), or would like to meet other parents and receive support around typical child behaviours and developmental issues. First Steps are unable to work with families who are currently open to Children's Social Care. For more information or to discuss a potential referral contact First Steps on: 0207 014 7135, <http://www.cityandhackneycamhs.org.uk/>



# Teenage Years group

## Parenting Programme Overview:

This group is for parents/carers of teenagers (aged 13-18) who are identified as having a moderate to profound learning disability. A key aim of the Teenage Years Group is to allow caregivers the opportunity to meet, share ideas and stories, consider challenges associated with adolescence and to learn from each other as parents, alongside expert evidence-based knowledge. The group explores the parent's experience of successes and how similar approaches may be helpful as their young person navigates their teenage years.


This is a 6 week programme that includes a coffee morning and 5 sessions at Hackney Ark. The sessions cover structured topics about growing up, puberty and sexuality in young people with learning disabilities. A therapeutic letter and a certificate are provided on completion of the parenting group.

### Eligibility criteria:

This group is for parents/carers of teenagers (aged 13-18) who are identified as having a moderate to profound learning disability (without a diagnosis of autism spectrum disorder; see entry for "CYGNET group" for autism-specific parent group provision).

### Contact information:


Please contact the CAMHS Disability team at Hackney Ark

 020 7014 7071

### Accessing the parenting programme:

Referrals are accepted from professionals involved with the family. Where a parent or carer is interested in attending, they are advised to call the CAMHS Disability team on 020 7014 7071.





# 'The First Year and You' - Solihull Group

## Parenting Programme Overview:

This group is for parents of babies aged 0-12 months who are experiencing mild to moderate low mood or anxiety, and/or challenges in their relationship with their baby.

This is a psychology led group which focuses on how it feels to be a parent of a new born, how to manage difficult feelings and the challenges that parenthood brings. It will also focus on developing a positive relationship with your baby and different aspects of their development, including communication, sleep and feeding.

The sessions are co-facilitated by First Steps and Talk Changes.

## Eligibility criteria:

This group is aimed at parents in Hackney who have babies aged 0-12 months who are experiencing mild to moderate low mood or anxiety, and/or challenges in their relationship with their baby.

## Contact information:

Community CAMHS Homerton



0207 014 7135



[huh-tr.FirstSteps@nhs.net](mailto:huh-tr.FirstSteps@nhs.net)

## Accessing the parenting programme:

Referrals from professionals involved with the family and self-referrals are accepted. Where a parent or carer is interested in attending, they are advised to call the First Steps team on 020 7014 7135.



# Understanding Your Child (Solihull Approach)

## Parenting Programme Overview:

Parenting very young children can bring lots of challenges. This group is for parents and carers who want to know more about parenting and how children develop, and to understand children's behaviour better. Understanding Your Child is based on an approach developed in Solihull that has been helpful to many parents. Attending this group may give some useful ideas to help you to understand your child's behaviour, promote positive behaviours in your child, and build a positive relationship between you and your child. The group will cover a number of topics, such as tuning into children; exploring feelings; parenting styles; communication; temper tantrum; sleep patterns and behavioural difficulties.

The sessions are co-facilitated by a member of the First Steps and other colleagues.

## Eligibility criteria:

Parents with children aged 0-5 years old.

## Contact information:

First Steps Early Intervention and Community Psychology Service (Homerton Community CAMHS)



0207 014 7135



<http://www.cityandhackneycamhs.org.uk>

## Accessing the parenting programme:

Referrals from professionals involved with the family and self-referrals are accepted. Where a parent or carer is interested in attending, they are advised to call First Steps.



# City and Hackney's Parent Programme Directory

## **First Steps**

Early Intervention and  
Community Psychology Service  
Hackney ARK  
Downs Park Road,  
London, E8 2FP  
Tel: 020 7683 4611  
Fax: 020 7014 7251

## **CAMHS Disability**

Hackney ARK  
Downs Park Road,  
London, E8 2FP  
Tel: 0207 014 7071  
Fax: 0207 014 7239

## **Specialist CAMHS**

Homerton Row Team  
Children & Young People's Centre  
15 Homerton Row  
London, E9 6ED  
Tel: 020 3222 5600  
Fax: 020 3222 5792

## **Children and Families Clinical Service**

Hackney Service Centre  
1 Hilman Street  
London  
E8 1DY  
Tel: 020 8356 5000