

WHO WE ARE

The Parenting Partnership is a Trust wide parenting support service that focuses on the delivery of evidence-based support programmes for parents/carers of children & young people aged from pre-birth-18 years. It is a Trust led collaboration between health, social services, education and the community/voluntary sector.

AIM

To provide opportunities for group work support to parents/carers of children and young people in the Southern Trust area in a way that is accessible, meaningful and available at the point of need.

WHERE ARE PROGRAMMES DELIVERED?

Some of our programmes are delivered online and some are face to face in a variety of community settings. They run from September-June each year.

HOW TO ACCESS OUR PROGRAMMES

If you are a parent/carer resident in the Southern Trust Area, you can apply for our programmes using the links overleaf. Family Support Services in the Trust area can also apply on your behalf.



WHAT HAPPENS NEXT?

Once we receive the application we will make contact with the parent/carer to advise of the next appropriate programme.

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For further information please contact:

Maria Killen
Parenting Partnership Manager

Email:
parenting.partnership@southerntrust.hscni.net

Phone: 07880 474747
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To make an application please scan the QR code or use the link below to apply:



<https://forms.office.com/e/KDdPxxQPvU>



Southern Health
and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES



Supporting parents
to give their child the best
start and opportunities in life



WHAT PROGRAMMES DO WE DELIVER?



EARLY CHILDHOOD PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Mellow Bumps/Dads To Be	Expectant Mums/Dads to Be From 20+ Weeks gestation	6 weeks	- Prepares parents to welcome their baby into the world - Promotes self-care - Provides a safe place to share experiences
Togetherness (previously Solihull) - Understanding Your Child's Behaviour	Parents/carers of toddlers and pre school children	10 weeks	- Strengthens parent child relationship - Improves child prosocial behaviour - Significant reduction in parental anxiety and stress
Incredible Years Autism And Language Delay	Parents/carers of children aged 2-6 years with a confirmed Autism diagnosis	14 weeks	- Promotes child's development in communication, language, play and social skills - Helps the children learning self-regulation skills - Reduces stress and challenging behaviour
Parents Plus Early Years	Parents/carers of children aged 1-9 years who have additional support needs	7 weeks	- Increases child positive social behaviour - Increases school readiness - Reduces emotional difficulties - Decreases parental stress and increases parental confidence

SCHOOL AGE PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Parents Plus Childrens Programme	Parents/carers of children aged 6-12 years	9 weeks	- Increases child positive social behaviour - Reduces emotional and behavioural problems - Decreases parental stress - Increases parental confidence
Invest in Play	Parents/carers of children 5-12 years	12 weeks	- Reduces child behavioural difficulties - Increases child social skills, self confidence and emotional regulation - Reduces parental stress

TEEN PROGRAMMES

PROGRAMME	WHO'S IT FOR?	HOW LONG IS IT FOR?	HOW CAN IT HELP?
Parents Plus Special Needs	Parents/carers of 11-18 year olds with special needs	7 weeks	- Improves behaviour and emotional regulation - Boosts self esteem of the young person - Helps prepare for transitions - Strengthens family relationships

FOR MORE INFORMATION ON THE SPECIFIC PROGRAMMES AVAILABLE PLEASE VISIT: [HTTPS://CYPSP.HSCNI.NET/EBPP/](https://cypsp.hscni.net/ebpp/)