

There are many excellent parenting groups being run by practitioners across the region by many different agencies. However all of us have probably experienced some problems in knowing for example:

- The content and purpose of each group.
- Who is running the group?
- Where and when new groups are starting.
- What kind of children and parents any particular group is suitable for.
- How to refer parents to groups in existence.
- How to find others to run groups with.
- Which training to access to enable practitioners to run groups.

In the Local Children's Service Partnerships professionals are meeting to address these issues and provide a coordinated approach to the courses that are delivered.

We hope that this approach will ensure that a range of different evidence-based parenting interventions will continue to be offered across the area. We also hope that this will avoid duplication of services and ensure equality of coverage.

This will mean that parents can be quickly assessed and offered places in the parenting group which most closely matches their needs.

*"Kent parents feel confident in supporting their children so that they are:*

- *Cared for and encouraged at home*
- *Inspired and motivated by learning*
- *Safe and secure in the community*
- *Living happy and healthy lives"*

**(The Vision – Kent Children's Trust Strategy for Supporting Parents 2008)**

## TIERED MODEL OF PARENTING

Parenting groups differ in the depth and type of input they offer. To help identify the correct programme it is useful to apply the tiered model to describe parenting groups according to the level of behavioural difficulty children present with. The tiers are:

**Tier 1:** For parents who would like help in dealing with children who have mild behavioural problems or general parenting advice.

**Tier 2:** For parents of children presenting with moderate-severe behavioural problems.

**Tier 3:** For parents of children presenting with severe behavioural problems.



## CHOOSING THE RIGHT PROGRAMME

### Adult Education (Tier 1)

Courses provide opportunities to address practical parenting issues and share day to day problems and solutions. Their aim is to increase parent's knowledge, skills and confidence and enjoyment of their role. Both short courses and workshops are available. These courses are suitable for all parents.

**Key contact: Pam Watson**  
pam.watson@kent.gov.uk

### Solihull Parenting groups (Tier 1)

Solihull Parenting may be more suitable for families who would benefit from early intervention in order to prevent the development of future difficulties; or where children present with milder difficulties characteristic of tier 1.

Solihull is for parents of children aged 0-18 years and runs for 2 hours a week over 10 weeks.

This group format explores parenting styles, developmental needs, temper tantrums, communication, sleep, having fun together and more general behaviour difficulties. This group may not be suitable for parents with mental health problems, domestic violence, drug and alcohol related issues, or where children have certain special needs.

**Key Contacts: Steve Sherrell (school age)**  
stephen.sherrell@kent.gov.uk  
**Sue Gates (early years)**  
sue.gates@kent.gov.uk

### Strengthening Families Strengthening Communities (T1-T2)

This is a programme designed for parents of children aged 3-16 years. It is useful for families from ethnic minorities as it looks at how parents have been brought up in different cultures and traditions. The programme runs over 13 weeks. It focuses on how parents can improve their self-esteem and achieve positive change in family relationships. It also aims to reduce child behavioural difficulties and help parents build child self esteem. The programme also has a focus on increasing parents' involvement in local communities.

**Key contact: Naresh Katnoria**  
naresh.katnoria@kent.gov.uk

## Webster Stratton - Incredible Years (IY) parenting groups (T2-T3)

Intensive parenting interventions for parents of children aged 2-12 with moderate-severe behavioural difficulties. Children may have diagnoses of oppositional-defiant disorder (ODD) or conduct disorder (CD). This programme is comprised of 12 x 2 hour weekly sessions. Sessions are facilitated by two practitioners, at least one of whom should have undergone the IY 3 day course. The intervention teaches strategies to improve the parent-child relationships, promote adaptive behaviours and manage difficult behaviours. Learning occurs via group discussion; role play; video vignettes and home based tasks.

**Key contact: Esi Owusu-Ankomah**  
Esi.owusu-ankomah@nhs.net

## Early Bird (Tier 2-3)

This 13 week programme is designed for parents of children under statutory school age who have a confirmed diagnosis of autism.

This course looks at understanding Autism and how it impacts on communication and behaviour.

**Key Contact: Tracey Samms**  
samst@parentsconsortium.co.uk

## Mellow Parenting (T3-T4)

This parenting group runs for one day a week over 14 weeks. It is designed for parents of children under 5 with a high or critical level of need. The programme also provides a group for the children while parents meet. It is particularly suitable for parents with mental health problems including depression, parents with alcohol misuse

problems, parents on parenting orders, parents with anxiety or stress, parents with parent/child maltreatment problems or children subject to a child protection plan. Activities include video feedback, structured techniques, teaching and homework assignments.

**Key contact: Lisa Robertson**  
lisa.robertson@kent.gov.uk



If you are unsure which course to recommend please contact Steve Sherrell who will be happy to discuss the options with you

**Stephen.sherrell@kent.gov.uk**

**07920 526570**

A crèche can be provided for all programmes if there is sufficient need.



Where every child matters

Dartford East LCSP

Dartford West LCSP

# Information for Referrers

## Parenting Groups in Dartford

Choosing the right programme