

0-19 Parenting Offer April 2021

Support for Under 5s

The Lead professional for under 5s is either the Health Visitor or Family Nurse. They will provide parenting support directly.

All request for parenting support, where there is no Lead Professional, should be made via the Duty Health Visitor on 03001236629.

Parenting Surgeries

Parents, who do not have a lead professional can access phone support from a parenting practitioner by emailing details to

ParentingService@portsmouthcc.gov.uk

They should include name, date of birth and postcode of the child and some brief information about the areas of support needed. Please include parents contact details

Sessions will be arranged to suit the parents

Lead Professionals - who are working with a family should **not** refer to the surgeries but should contact the inbox for some Team around the worker support. Practitioners can provide resources and advise re supporting families.

Tripe P Discussion Groups

A focused program of sessions designed to support primary aged children and secondary aged children will be offered over the summer. There will be available in Family Hubs in reduced socially distanced numbers. Sessions will be offered across the city and will include some evening sessions Parents will be able to call the Hubs to Book onto sessions

Topics in the term will be:

Primary	Teen
Managing fighting & Aggression	Getting teenagers to Cooperate
Dealing with Disobedience	Reducing Family Conflict.
Bedtime Routines	Emotions

NVR

We are now taking referrals for September 2021

Face to face course delivery but with reduced group sizes to adhere to social distancing. Courses will be offered across the city and will include some evenings

We will contact refers when an invitation has been sent.

In addition we have a PowerPoint presentation, explaining the main principles. This can be used by Lead Professionals directly with their families. If necessary, the NVR practitioners can offer Team around the Worker in the form of a supported session.

There are also a range of practical resources which can be shared as part of the Team Around the Worker offer.

Schools will be offered some Briefing and support sessions to help parents embed the principles

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Rebuilding Relationships' (RR) - Creating new possibilities using NVR approaches, that defiance, aggression and conflict has taken away'

This is designed to provide parents the opportunity to look at their relationships with their children and to try to restore some balance using NVR principals

The style of the sessions is workshop delivery- the practitioner will deliver the key messages via power-point and there will be some opportunity to discuss how this might be used within individual families, Each session is 1.5 hour and will be delivered face to face in a small group

As this is still part of the NVR offer, referrals will be made via the usual route - i.e. a EHA and email to the Parenting inbox. All request will be screened for suitability and if necessary parents will be offered the full course.

This is not a pre requisite for the full course and it is hoped that engagement in this short course will provide sufficient support for some families to make changes.

ALL requests for any NVR support must be made with an updated EHA/SAF and a brief description meeting the NVR criteria via ParentingService@portsmouthcc.gov.uk

Requests must demonstrate what the needs are in the family, how the Child to adult violence or control is being presented and what has already been tried

Children with additional needs

We are no longer offering the Triple P Stepping stones course as part of the parenting offer but practitioners are asked to consider if the current parenting offer will meet the family's needs

Alternatively we can provide you with a **Triple P Stepping Stones workbook** which you can work through with your family

If you need further advice about the needs of your family then

The CAMHS Learning Disabilities team see children who attend one of the special schools in Portsmouth, namely Mary Rose, Redwood Park, Cliffdale and Willows. They can be contacted via CAMHS 0300123 663 and professionals can access the CAMHS SPA support line on 9am - 5pm, Monday to Friday on 0300 123 6632.

For further information or guidance please contact the parenting inbox