

### Ready, Steady, Go!

For children aged 2 to 4 years. These groups are a great opportunity for you to learn more about how to support your child's confidence, self-esteem, and physical skills.

### Save a baby's or child's life

One off sessions to teach basic emergency skills to parents and carers, covering topics including CPR and choking. This is run by the Royal Life Saving Society and a donation of £1 is welcomed.

### Stay and play

These sessions give you and your child lots of opportunities to explore, play and learn together.

### Together with baby (DorPip)

This provides a supportive space and a follow on programme for those that have attended DorPip infant massage. It will help you gain a greater sense of confidence in your ability to care for and nurture your child.

### Triple P – positive parenting program®

An eight week parenting and family support programme designed to prevent, as well as treat, behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and create family environments that encourage children to realise their potential.

### We are with you

Is a registered charity, that runs drop ins within the family hubs. Pop along and chat with them and share any concerns around substance misuse.

### Who's in charge

A programme aimed at parent/carers whose children are being abusive or violent toward them or who appear out of parental control. It aims to empower parent/carers with concepts and strategies which will enable you to become more assertive in your parenting style.

Current activity timetables are available online, or at your local family hub. For additional support services at your child's school please speak to your early help school navigator.

E. [earlyhelpprogrammes@bcpcouncil.gov.uk](mailto:earlyhelpprogrammes@bcpcouncil.gov.uk)

 BCP Family Information  @BCPFamilyInfo  @bcpfamilyinformation



For 0 to 19 years or  
up to 25 with SEND

## Family hub parenting groups and activities

Supporting you to build a brighter future  
for your children, young people and family.

[bcpcouncil.gov.uk/familyhubs](http://bcpcouncil.gov.uk/familyhubs)



## Parenting groups and activities information at your local family hub

### **Breastfeeding support (FAB)**

A friendly drop-in group for mums and babies looking for support and encouragement with breastfeeding.

### **Building positive relationships (BPR)**

A 6-week programme which aims to improve the relationship between parent/carers and child by making the parent more aware of their children's emotional and developmental needs. BPR supports families to build secure attachments which provide foundations for healthy brain development and set a precedent for all future relationships.

### **Childminder drop ins**

Local childminders can come and meet up and make links with other childminders in the hub. Please speak to your local early years childcare advisor to find out more.

### **Come talk with me**

For children aged two and three with a language delay in their first language. Helps to develop your child's age appropriate communication and language skills, by providing you with the skills and knowledge to improve your child's delayed language.

### **Cooking club with 'The Friendly Food Club'**

This is for children under 5 to explore, try and create tasty food and enjoy in a group with others.

### **Early help navigator drop ins**

Themed weekly or monthly drop in events to meet your early help navigator and be connected to other services in your area for information, advice and guidance.

### **Grounded**

Six week programme for 11 to 16 years old which focuses on building self-esteem and avoiding conflict with adults. Helps to develop skills in communication, team work and problem solving.

### **Ignite**

A five week personal development programme focussing on building self esteem and confidence to make you feel more positive. The topics covered are stress less, assertiveness, money skills, building resilience, and art as relaxation.

### **Infant massage (DorPip)**

A lovely way to enjoy time with your baby, whilst helping to aid relaxation, alleviate wind, colic and congestion. It can help you gain a deeper understanding of your baby's communication cues and helps to promote your baby's brain development, language and learning.

### **Let's talk with your baby**

A practical eight week course for parents and carers with their babies aged three to twelve months, encouraging parents and carers to experience communication and attachment activities with their baby, with the aim of continuing them at home.

### **Living with teens**

Designed for parents and carers living with children aged 11 to 16 years. A seven week course covering amongst other things; parenting skills, challenging behaviour, anxiety, increasing confidence and problem solving.

### **Moving on up**

A programme for year 6 pupils with low level anxieties and worries about the transition to secondary school. Alongside the programme for the children, there are opportunities for parent/carers to attend a secondary school transition information session to enable them to support their child through the upcoming changes.

### **Parenting journey**

A five week course for parents and carers with children aged 5 to 16 years. Increases parental understanding of your child's personal, social and emotional development and provides you with ideas on how to spend quality time as family.

### **Parenting puzzle**

This is a nurturing programme to support you to increase your self-awareness, understand your family's behaviour and helps to support their emotional health and wellbeing.

### **PEEP**

A six week parenting programme that helps improve a child's life chances by using everyday learning opportunities in the home environment such as listening, talking, playing, singing, and sharing stories.

### **Portage (SEND)**

These sessions are by invitation only and led by the Portage team for pre-school children with special educational needs and disabilities. They provide a safe, nurturing space for you to play with your child with the emphasis on play and having fun.