

# Parenting Course Referral



Bromley Children Project, Central Library, Bromley High Street, BR1 1EX

Tel: 020 8461 7259 Email: parenting.courses@bromley.gov.uk

Date received (Office use only):  v3.0

Family details including significant others

| FIRST NAME | LAST NAME | DOB | GENDER<br>M/F | RELATIONSHIP<br>e.g. Mother,<br>Father, Child | ETHNICITY | WORK & EDUCATION<br><i>(name of pre/primary/<br/>secondary school, or college,<br/>or training provider, or<br/>employer)</i> | Who will be<br>attending?<br>the course? |
|------------|-----------|-----|---------------|---|-----------|---|--|
|            |           |     |               |   |           |   |  |
|            |           |     |               |   |           |   |  |
|            |           |     |               |   |           |   |  |

Address and  
postcode

Landline

Mobile

Email

Course preference

Day

Evening

Saturday

Who has parental responsibility?

First language of each parent/carer if  
language is not English.

Are any family members disabled? If  
yes please give details.

**Limited crèche spaces available**

If pre-school crèche places are required  
whilst attending, list names and ages.

Please tick ALL centres you can travel to.

1 Biggin Hill  
T N16 3TN

2 Blenheim  
BR6 9BH

3 Burnt Ash  
BR1 4QX

4 Castlecombe  
SE9 4AT

5 Community Vision  
SE20 8UX

6 Cotmandene  
BR5 2RB

Please  
select the  
ONE  
parenting  
course,  
you are  
applying  
for:

Understanding  
Anger

New Forest  
Parenting  
Programme (ADHD)

The Nurturing  
Programme

Positive  
Parenting Skills

Self Esteem

CYGNET (ASC)

Strengthening  
Families,  
Strengthening  
Communities

Talking Teens

Webster Stratton  
Incredible Years

S.H.E.E.P

Referrer's Name

Organisation

Telephone

Please return this form to the street address or email address at the top of the page.

By completing this form you are giving your consent for your information to be stored in our secure database and for us to contact you regarding Bromley Children Project events and services which may be of interest to you. A copy of our Data Protection Policy is available upon request.

### **New Forest Parenting Programme (ADHD)**

6 weeks, 2 hour sessions

**For parents/carers of children aged 3 - 11 who are displaying some of the symptoms associated with having ADHD, or who already have a diagnosis of ADHD.**

NFPP explores what ADHD is and supports Parent/Carer in managing their child's behaviours through proactive parenting, communication, and improving the Parent/Child relationship.

### **Understand Anger in the Family Unit (UAIFU)**

5 weeks, 2 hour sessions

**For parents/carers of all age children where anger is a feature of home life.**

Helps parents/carers to recognise how anger manifests itself, how to implement rules around anger and techniques for all members of the family to express anger in an appropriate way.

### **Talking Teens**

5 weeks, 2 hour sessions

**For parents/carers of children / Young people aged 11+**

Builds on pre-existing parenting skills and helps discover new ones in order to match the development of young people.

TT helps build an understanding on the impact parents have on teenagers, the influence of the adolescent brain on behaviour and also to improve communication skills towards teenagers

### **The Nurturing Programme**

10 weeks, 2 hour sessions

**For parents/carers of children/young people aged 0 - 16**

Helping adults to look at life from their child's perspective so that feelings and behaviour can be managed more effectively.

The NP improves relationships using many positive discipline strategies and relationship skills to support the family environment.

The NP also improves emotional health and wellbeing by inviting parents/carers to consider their own needs and develops self-confidence and self-esteem, both crucial ingredients for effective parenting. The NP builds on pre-existing parenting skills.

### **Positive Parenting Skills**

10 weeks, 2 hour sessions

**For parents/carers of children aged 3 - 12**

Promotes positive parenting strategies e.g. the use of praise, rewards, setting effective boundaries, awareness of role modelling and effective use of communication within families.

PPS explores parenting styles and promotes the building of self-esteem and support networks for parents/carers and children.

### **Strengthening Families, Strengthening Communities**

13 weeks, 3 hour sessions

**For parents/carers of children / young people aged 5 - 18**

Helps parents/carers gain the courage and commitment needed to develop positive parenting skills.

SFSC supports the protective factors associated with 'good parenting' by developing close and warm relationships between parents and children, supporting self-discipline and fostering self-esteem of children, developing strategies to manage anger. SFSC addresses sensitive social issues including domestic violence, substance misuse, and depression.

### **Improving Your Family's Self Esteem (IYFSE)**

5 weeks, 2 hour sessions

**For parents/carers of all aged children**

Helps parents/carers to understand how self esteem develops, the importance of all members of the family having a healthy self esteem and how parents/carers can give their children the gift of self esteem.

### **Safeguarding and Health: An Effective Education for Parents (S.H.E.E.P)**

5 weeks, 2 hour sessions

**For parents/carers of children 0 -10**

Helps parents understand the role they play in safeguarding children by identifying common dangers faced by children.

S.H.E.E.P develops confidence in keeping children safe from harm.

### **Webster Stratton Incredible Years**

10 weeks, 2 hour sessions

**For parents/carers of all aged 3-6**

Encouraging families to increase positive communication with their children

WSIY develops nurturing parenting skills and positive discipline methods through a range of strategies including: special time, praise, and limit setting.

WSIY's benefit for the children is for them to understand and manage their emotions, therefore improving their behaviour.

### **CYGNET- ASC**

6 weeks, 3 hour sessions

**For parents/carers of children / young people aged 2 - 18**

Helps parents/carers with children who are either diagnosed or displaying ASC traits to gain knowledge and understanding of ASC and the way children see the world. CYGNET supports parents, by developing strategies and techniques that may support ASC behaviour, as well encouraging parents to have increased confidence.

Courses run during term time only, from September to July, and if you do not get on the preferred course this term, you can re-apply . The majority of courses run in term time during the day, we may occasionally run courses in the evenings or Saturday mornings, subject to demand. **As a referrer, it is your responsibility to check with the Bromley Children Project, whether your referral has been offered a place.**