

0-19 Parenting Offer January 2022

Support for Under 5s

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

Where there is no Lead Professional, all requests for parenting support, should be made via the Duty Health Visitor on 0300 123 6629.

Parenting Surgeries

Parents who do not have a Lead Professional can access support from a parenting practitioner by emailing the below details to: ParentingService@portsmouthcc.gov.uk.

While an email referral is preferred, parents can also **call** to enquire/book a Parenting Surgery session on the following: 02392 821816, or **text** the texting line on: 07823687838.

Please be sure to include;

- Parent Name
- Contact Number
- Focus Child name
- Child DOB
- Address
- Brief summary about the areas of support needed

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 Parenting Service 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. These 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 or Lead Professionals will be able to call the Hubs to Book onto sessions.

Topics in discussion this term will be:

Primary	Teen
Managing Fighting & Aggression	Reducing Family Conflict
Dealing with Disobedience	Coping with Teen Emotions
	Getting Teenagers to Co-Operate

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NVR

We are now taking referrals for April 2022

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

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.

NVR Referrals

ALL requests for any NVR support must be made with an updated EHA / SAF and a brief description on how the family are 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.

All requests will be screened for suitability and if necessary, parents will be offered the full course.

Referees will be contacted throughout the referral process; if the criteria have been met, we will contact the referred family with an invitation to the course in due time.

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

Please note, while the RR course is not currently running, we are still taking referrals with a plan to offer the course later in the term.

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. an EHA and an 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 prerequisite for the full course, and it is hoped that engagement in this short course will provide sufficient support for some families to make changes.

As above, **all** requests for any NVR support must be made with an updated EHA / SAF and a brief description on how the family are meeting the RR/ NVR criteria via ParentingService@portsmouthcc.gov.uk

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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.

Referees will be contacted throughout the referral process; if the criteria have been met, we will contact the referred family with an invitation to the course in due time.

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 Lead Professionals 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:

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 0300 123 6632, and professionals can access the CAMHS SPA support line on 9am - 5pm, Monday to Friday on 0300 304 0050.

For further information or guidance please contact the parenting inbox:

ParentingService@portsmouthcc.gov.uk