



**FAMILY HUB**  
EAST SUSSEX

# What's on?

**FOR PARENTS & CARERS**

**FREE ONLINE webinars & groups  
to support  
Parents & carers of children aged 0-19 years**

**JANUARY TO MARCH 2025**

**Early Help 0-19**  
Respect | Partnership | Strength



**NHS**  
East Sussex Healthcare  
NHS Trust

East Sussex  
County Council

# CONTENTS

## WEBINARS

One off sessions for 90 mins to 2 hours

The power of positive parenting	Page 5
Oral health	Page 6
Encouraging positive choices & managing conflict	Page 7
Learning about Neurodivergent children	Page 8
The importance of play	Page 9
Managing anxiety & raising resilient children	Page 10
Online Safety in a digital world	Page 11
Understanding your teenager	Page 12

To book onto any of our free webinars, please email your name and the title and date of the webinar you wish to attend to:

[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

or call 01424 725800 to discuss options

# CONTENTS

## GROUPS

6 to 8 weeks, 2 hours per week

<b>NEW!</b> National Autistic society, EarlyBird Plus- <i>for parent/carers with children aged 4-10 who have been diagnosed with autism or are on the pathway</i>	Page 14
<b>Triple P Fear-Less-</b> <i>For parent/carers with children aged 4-10 experiencing moderate to severe anxiety</i>	Page 15
<b>NEW!</b> Harmony at home- <i>For parent/carers that are still together, experiencing differences in parenting styles</i>	Page 16
<b>NEW!</b> Calmer co-parenting- <i>For parent/carers who are separated or divorced</i>	Page 17
<b>The New Forest Parenting programme-</b> <i>For parent/carers who have children with ADHD or are on the pathway to diagnosis</i>	Page 18

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# Meet the Parenting Team...



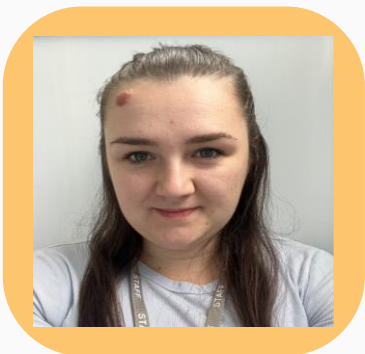
**Ann Marie**



**Sarah**



**Gemma**



**Carly**



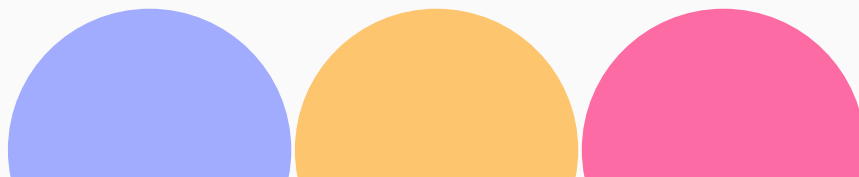
**Helen**

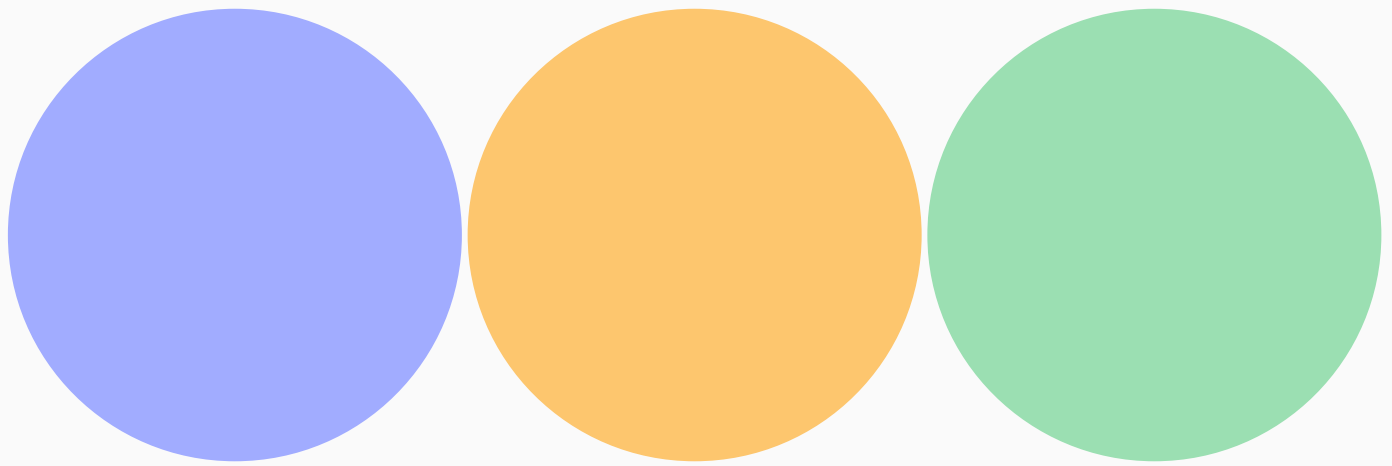


**Sophie**



**Jeorgia**



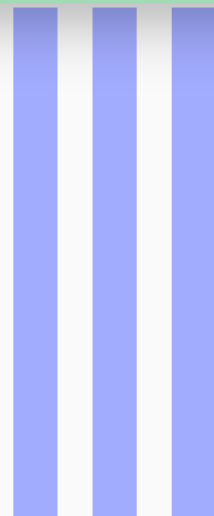
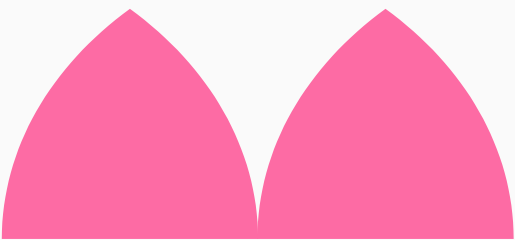


# WEBINARS

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# The power of positive parenting

Appropriate for children aged 2-10 years



This webinar is perfect for new parents/carers, or those who need a refresh!

It introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe, engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent

Tuesday 14<sup>th</sup> January  
6:30-8:30pm

Monday 10<sup>th</sup> February  
12:30-2:30pm

Tuesday 18<sup>th</sup> March  
6:30-8:30pm



# Oral health

with H.A.L.O (Healthy Active Little Ones)  
Appropriate for children aged 0-12 years



**Do you have a regular battle with brushing your child's teeth?**

**This session is for parents/ carers who want oral health support. Gain knowledge & practical advice on developing healthy habits around toothbrushing & sugary foods.**

**As part of attending the session, families will receive a complimentary toothbrush pack for their child/ children.**

**Wednesday 22<sup>nd</sup> January  
10:00-12:00**

**Monday 3<sup>rd</sup> February  
12:30-2:30pm**

**Wednesday 5<sup>th</sup> March  
10:00-12:00**



# Encouraging positive choices & managing conflict

Appropriate for children aged 2-10 years



This very popular session helps parents/carers to teach their children limits, make good choices and build a strong bond through effective communication

Taking turns, waiting, following instructions, getting along with others, and being told “no” can be hard, especially for younger children.

As the brain grows and emotional regulation develops tantrums are a normal way to express themselves.

Wednesday 15<sup>th</sup> January  
10:00-12:00

Tuesday 25<sup>th</sup> February  
6:30-8:30pm

Monday 10<sup>th</sup> March  
12:30-2:30pm





# Learning about Neurodivergent children

Appropriate for children aged 2-19 years



This session is for parents/carers who want to develop their understanding and knowledge of different types of neurodivergence and ways to support Neurodivergent children.

We look at:

- What is Neurodivergence & neurodiversity?
- Different types of neurodivergence
  - Pathological demand avoidance (PDA)
- Sensory Sensitivities
- Meltdowns & tantrums

Thursday 30<sup>th</sup> January  
6:30-8:30pm

Wednesday 12<sup>th</sup> February  
12:30-2:30pm

Monday 24<sup>th</sup> March  
10:00-12:00

# The Importance of play

Appropriate for children aged 2-10 years



Let's talk about play! What is it and why

is it so important?

Play is an essential tool that can help to support our child's core skills such as social, cognitive, physical, emotional & creative skills.

This webinar discusses ways in which we as parents/carers can get involved & encourage our children to play in ways that help to develop their confidence, self-esteem, curiosity & independence. Play & learning go hand in hand.

Monday 27<sup>th</sup> January  
12:30-2:30pm

Wednesday 5<sup>th</sup> February  
10:00-12:00

Thursday 27<sup>th</sup> March  
10:00-12:00

# Managing anxiety & raising resilient children

Appropriate for children aged 2-12 years



**This session is for parents/carers who want to develop their child's understanding of big feelings & appropriate ways to express them. Gain knowledge on how to encourage your child to problem solve & cope with stressful situations. In this session we will go through some practical ideas and strategies to help with anxiety – turning challenges into opportunities!**

**Monday 13<sup>th</sup> January  
12:30–2:30pm**

**Tuesday 11<sup>th</sup> February  
6:30–8:30pm**

**Wednesday 12<sup>th</sup> March  
10:00–12:00**



# Online safety in a digital world

Appropriate for children aged 2-19 years



Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and even smartwatches.

We understand the challenges parents face in the ever-changing digital world - this webinar will support you through tricky conversations, digital dilemmas and setting them up safely.

**Tuesday 14<sup>th</sup> January  
10:00-12:00**

**Monday 24<sup>th</sup> February  
12:30-2:30**

**Wednesday 5<sup>th</sup> March  
6:30-8:30pm**

# Understanding your teenager

Appropriate for children aged 10-19 years



Sometimes talking to pre-teens and teenagers and feeling close can be tricky. As children go through adolescence their brains go through a huge development and pruning process, which can mean lots of things change very quickly, leaving both parents and teens feeling frustrated and confused with one another. In this session we look at what's going on in our pre-teens and teens brains, how we can reduce and avoid confrontation and have much better communication.

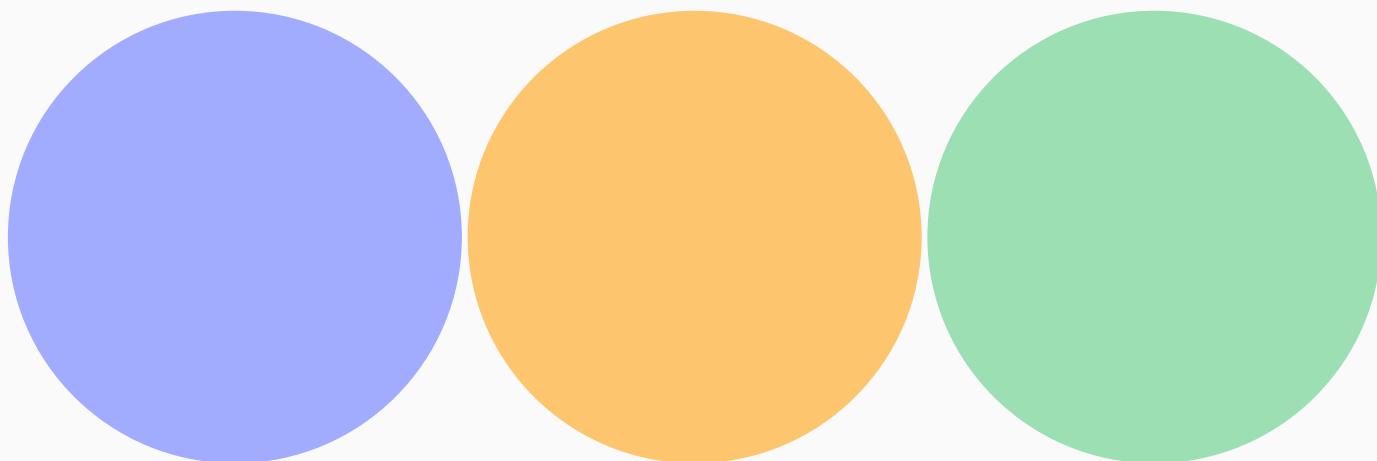


Wednesday 29<sup>th</sup> January  
10:00-12:00

Wednesday 26<sup>th</sup> February  
6:30-8:30pm

Tuesday 25<sup>th</sup> March  
10:00-12:00



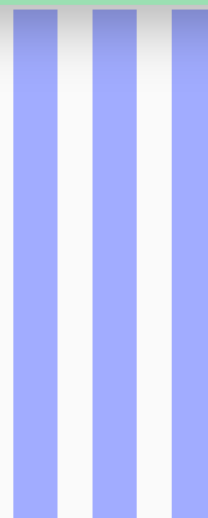


# GROUPS

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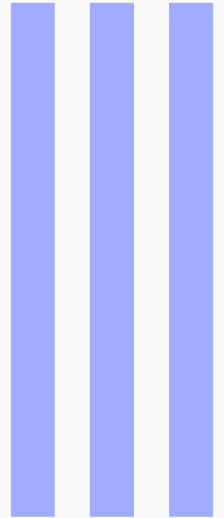
or call 01424 725800 to discuss options



# **NEW!** EarlyBird Plus

from the  
**National Autistic Society**

Appropriate for children aged 4-9 years diagnosed  
with autism or on  
the pathway to diagnosis



EarlyBird Plus is a programme for parents/carers of autistic children aged 4 to 9 years from the National Autistic Society. This programme empowers parents to understand more about autism in their children.

The aim of the EarlyBird plus programme is to equip parents/carers to develop a greater understanding of their child's needs whilst waiting for or following diagnosis. It also aims to develop a consistent approach across settings (e.g. home and school)



Thursday 30<sup>th</sup> January  
To  
Thursday 20<sup>th</sup> March

10:00-12:00

*7 sessions over 8 weeks,  
with a break for half term*

# Fear Less

For parents/carers with children experiencing moderate to severe anxiety  
Appropriate for children aged 2-10 years



Anxiety in children can cause significant distress or negatively impact on everyday life.

Fear Less has four main goals:

- To support setting a good example of coping with anxiety
- To assist parents/carers to coach children to become emotionally resilient
- To help develop a toolbox of strategies for supporting children to manage their anxiety more effectively
- To help parents/carers find effective ways to respond to their children's anxiety



Tuesday 28<sup>th</sup> January  
To  
Tuesday 18<sup>th</sup> March

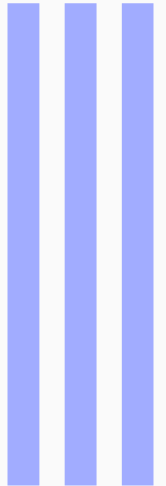
12:30-2:30

*7 Sessions over  
8 weeks, with a break for  
half term*



# **NEW!** Harmony at home

For parents/carers that are still together, but are experiencing regular disagreements and conflict



Everyone has arguments from time to time - they are a normal part of relationships. How they are resolved is the most important thing. If they happen often, are intense or not resolved properly they can negatively affect children's mental health and wider development.

Harmony at home is designed to help parents/carers to help themselves at the times when arguing and poor communication are overwhelming their relationship.

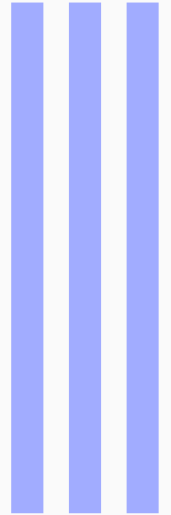
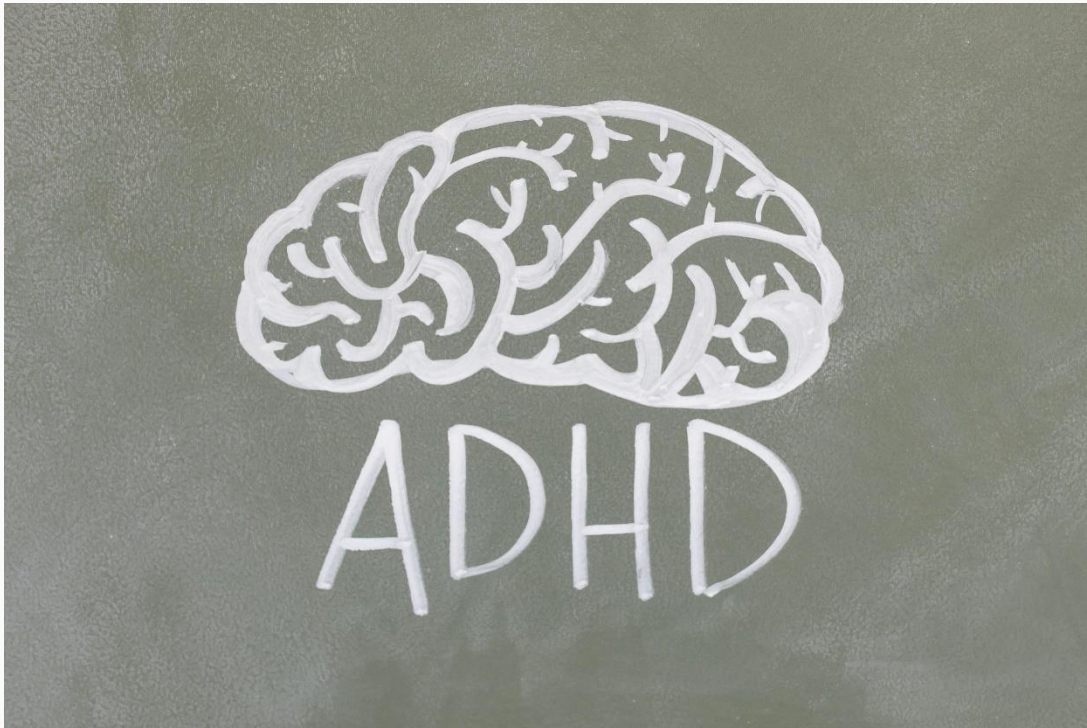


**Wednesday 5<sup>th</sup> February  
To  
Wednesday 26<sup>th</sup> March  
10:00-12:00**

***7 Sessions over 8 weeks,  
with a break for half term***

# New Forest Parenting Programme

Helping parents/carers to help children  
aged 3-11 years with ADHD



The New Forest Parenting Programme (NFPP) is for parents with a child between the ages of three and eleven with moderate to severe symptoms of ADHD.

NFPP takes place online and during these sessions, parents are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parents also learn strategies for managing their child's behaviour and attention difficulties.



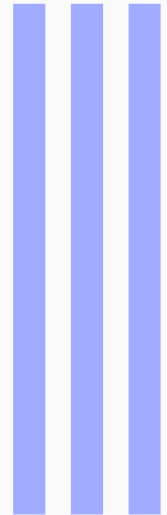
Tuesday 28<sup>th</sup> January  
To  
Tuesday 18<sup>th</sup> March

10:00-12:00

*7 sessions over 8 weeks,  
with a break for half term*

# **New!** Calmer co-parenting

For parents who are separated or divorced  
Learn at your own pace, anywhere, anytime.



Each of the five online modules takes about an hour (or less) to complete.

Interactive, easy-to-use online program with videos, activities and downloadable resources.

Supported by an East Sussex Parenting Practitioner

Your former partner and other family members can do the programme too.

- Improve communication and reduce conflict with your co-parent
- Gain new ideas, techniques and strategies to help you through the day-to-day dramas
- Build parenting skills and confidence
- Support your child to manage emotions and develop good coping skills

# Feedback

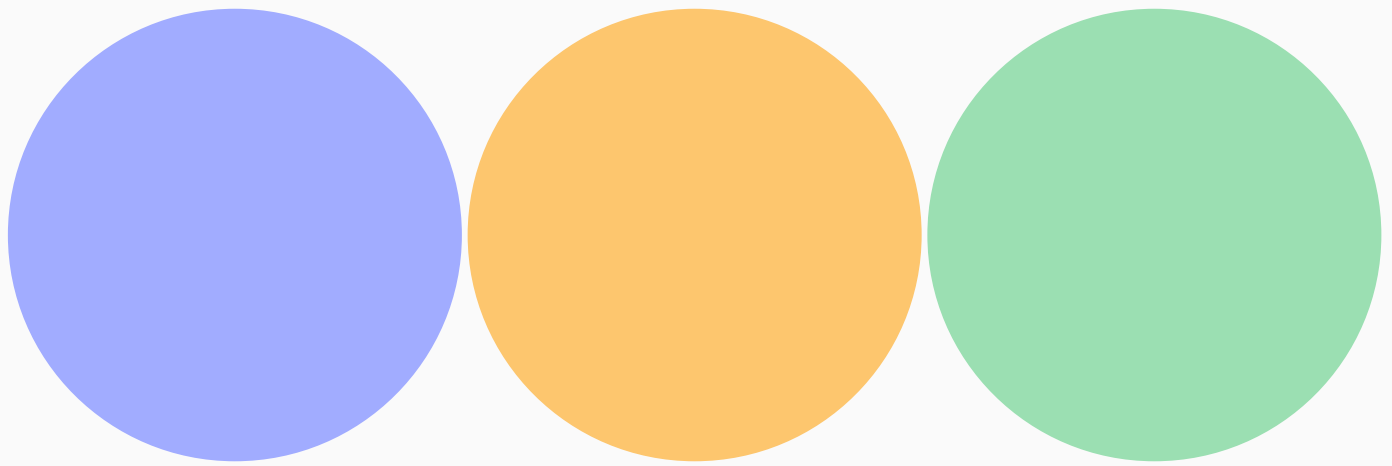
from parents and carers who have attended  
some of our webinars and groups....

I enjoyed the course very much and felt welcomed. I feel I have come away with loads of ideas, it's just now putting them into play at the right time.

"Amazing! Can't wait to start putting things into practice. I found this session fantastic"

"It was so amazing. Non-judgemental, having the team to talk to was so helpful."

"Facilitators were brilliant, they really helped me have the confidence to follow things through, listened and didn't judge and I felt able to speak up throughout the course, thank you."



# BOOK YOUR PLACE

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# Get in touch



Being a parent is not always easy. You are not alone if you find it difficult sometimes.

But it's OK. You can talk to us.

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing, or you want support & advice to help build a positive relationship with your child, we can help.

## Do you have any questions?



Call: 01424 725800



email: [EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)



Visit: [www.familyhubs.eastsussex/activities](http://www.familyhubs.eastsussex/activities)



Find us on Facebook: The Parenting Team

