

How to make a referral:

1. Referrer to discuss with families the parenting course and their commitment to attending.
2. Referrer to complete referral form and select the preferred parenting course.
3. Referrer to send completed referral form to:

parenting@cheshireeast.gov.uk

Please ensure that appropriate secure controls are in place such as egress or CJSM. Please refer to your own organisation/agency guidance on the correct secure email method to use.

What happens next?

4. Allocation to course facilitators. Contact will be made with the parents to carry out a pre-group assessment which will determine their suitability for the course and whether a place will be offered.



Programme	Start Date
Triple P Group Teen (12-17)	Thursday 9th January 9.30-12.30
Triple P Group (0-12)	Monday 13th January 10:00—12:00
Triple P Group Teen (12-17)	Thursday 23rd April AM
Triple P Group (0—12)	Thursday 11th June AM
Triple P Group Teen (12-17)	Thursday 10th September AM
Triple P Group (0—12)	Thursday 5th November AM
Webster Stratton	Monday 6th January
Webster Stratton	Tuesday 21st April
Webster Stratton	Thursday 8th September
Magic 123	Friday 17th January
Magic 123	Tuesday 25th February
Magic 123	Monday 20th April
Magic 123	Wednesday 3rd June
Magic 123	Friday 11th September
Magic 123	Wednesday 4th November
Autism CEAT	Thursday 5th March
Bird Charity Autism	Thursday 27th February
Digital Parenting	Spring Term
Digital Parenting	Summer Term
Digital Parenting	Autumn Term



Information for Professionals Cheshire East Family Service Parenting Courses in South Cheshire



Webster Stratton Parenting Course

The incredible Years® parenting programme is an evidence based programme developed by Carolyn Webster-Stratton. Using group discussions, skills practice, video clips and more.

The Incredible Years programme covers the following:

- > How to strengthen children's social skills and emotional regulation.
- > Techniques and guidance around 'playing' with your child.
- > Using praise and encouraging positive behaviour.
 - > Positive discipline:
 - Rules
 - Routines
 - Effective limit setting
 - Ignoring negative behaviours
 - Correct use of time out

An evidence based 14 week programme.

Ideal for parents who need to build on their attachment and relationship with their child/children.

Suited for parents with children aged 6 -12 years, including children with ASC/ADHD or are awaiting a diagnosis.

123 Magic Parenting Course is:

An evidence based 4 week programme.

A simple and effective way of managing your child's behavior.

Suited for parents with children aged 2 -12 years, including children with ASC/ADHD or are awaiting a diagnosis.

123 Magic allows you to get back in charge of your home and enjoy your children again by helping you set limits and breaking down the complex task of parenting into 3 steps:

1. Controlling Unwanted Behaviours - Learn techniques to get children to **STOP** doing what you don't want them to do.
2. Encouraging Good Behaviour - Learn methods to get children to **START** doing what you want them to do.
3. Strengthen Relationships - Learn techniques that reinforce the bond between you and your children.



Triple P Group and Teen Parenting Course is:

Group and Teen Triple P is a 8 week course, offering group based support to parents of children aged 2 - 12 and teenagers.

It consists of four 2 hour group sessions, three phone call sessions then one 2 hour final session.

Triple P stands for Positive Parenting Programme and is designed to help you understand how your family works. It will also help you to:

- Understand positive parenting
 - Encourage appropriate behaviour
 - Manage problem behaviour
 - Deal with risky behaviour
 - Take care of yourself as a parent
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- During the course there will be a variety of activities and discussions which will ultimately help you to:
- Communicate effectively with your family
 - Understand and manage difficult behaviour
 - Build a better relationship with your teenager/child