

Evidence Based Hub Summer Programmes 2023



Discussion Groups	Discussion Group Subject	Day/Start Date/Time	Venue
<p>Short one-off group sessions that offer practical advice for tackling a specific problem behaviour. A Triple P Discussion Group session takes two hours. You may do as many or as few as you like. One, two, or three – it's up to you. You'll be surprised at how a few small changes can make big differences!</p>			
0-12 years	Manging Fighting and Aggression	Tuesday 25 th July 10-12pm	Dinnington Early Help Centre School St, Dinnington, Sheffield S25 2RE
0-12 years	Dealing with Disobedience	Tuesday 8th August 10-12pm	Ferham Children's Centre The Ferham Centre, Rotherham S61 1AP
Teen	Reducing Family Conflict	Tuesday 15th August 10-12pm	Rawmarsh Children's Centre Barber's Crescent Rotherham S62 6AD

All Discussion Groups are on a Drop-in basis. Please give parents the details. No referrals required.

Online Programmes



0-12 Triple P

Triple P Online supports parents of young children (under 12). Guide behaviour positively, set up routines and rules more easily, and have a calmer household.

Parents can access this directly by clicking the link below and registering their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

Teen Triple P

Teen Triple P Online supports parents of tweens and teens aged 10 to 16, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood.

Parents can access this directly by clicking the link below and registering their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

Fear-Less Triple P

Fear-Less Triple P Online supports parents of children aged 6 to 14 with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques.

Parents can access this directly by clicking the link below and registering their details:

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>



Me, You and Baby Too - An online course to help couples prepare for the transition to parenthood

Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account:

[Parent guide for England \(oneplusone.org.uk\)](http://ParentguideforEngland.oneplusone.org.uk)

Arguing better - An online course for reducing parental conflict

Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account:

[Parent guide for England \(oneplusone.org.uk\)](http://ParentguideforEngland.oneplusone.org.uk)

Getting it Right for Children -An online course for separating parents to minimise the impact of separation on children

Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.

Short online course, approximately 40 minutes.

Parents can access this directly by clicking the link below and registering for a free account:

[Parent guide for England \(oneplusone.org.uk\)](http://ParentguideforEngland.oneplusone.org.uk)

Contact the Evidenced Based Hub for Further Information on:

parenting@rotherham.gov.uk