



### Parenting courses

We also offer parenting courses for targeted and vulnerable families delivered either face to face or virtually. These include:

#### Welcome to the World 5 week course

Parents expecting a baby who are 22+ weeks into pregnancy

Various topics are discussed, including: what does it mean to be a parent; preparing for a new life with a baby; keeping baby healthy by being attuned to their needs; the importance of early communication with baby.

#### Parenting Puzzle 10 week course

Parents/Carers (children aged between 3-11 years)

This course will enable parents/carers to understand how emotions can influence actions, including how their own wellbeing has an impact on their children's wellbeing and behaviour. Families will learn about the different elements of parenting as well as the strategies that will enable them to positively respond to their child's needs. They will gain practical solutions to guide their children so that they learn to manage their own feelings and control their own behaviour.

#### Family Toolkit 4 week course

Parents/Carers (children aged between 2-5 years)

This course will enable parents/carers to understand the connection between feelings and behaviour choices as well as the different elements of parenting. They will learn strategies that will enable them to positively respond to their child's needs.

#### Families Feeling Safe 9 week course

Parents/Carers

This course that will enable parents and carers to recognise and build on their own strengths in: communicating with others; understanding and managing their children's behaviour; expressing feelings and making safe choices.

We also run lots of additional sessions and courses available to all such as Employment Support, and Wellbeing. Details of these can be found on our Facebook pages or via our website: [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

## Referrals to our service

Any family referred to our service must be aware of the referral and provide consent for contact to be made. We will always provide you with feedback on the support provided to a family.

[www.hertsfamilycentres.org/refertofo](http://www.hertsfamilycentres.org/refertofo)

If you would like to speak to a member of our friendly team please call us.

District	Telephone
Hertsmere	0208 016 1968
Watford & Three Rivers	01923 932 860
Dacorum	01442 953 170
St Albans	01727 227 746
North Herts	0300 123 7572
Stevenage	0300 123 7572
Broxbourne	01992 475262
Welwyn/Hatfield	01707 629355
East Herts	01920 481670

*These numbers are for professional use only.*

## Signing up families

All families need to be signed up with us to access our services. It's free and quick and easy to do! Families can sign up themselves on our website [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org). If required our staff can help families to complete the sign up process.

## Keep updated!

Subscribe to our Partnership Newsletter for more information about our service and Partnership Network Meetings. Go to [http://eepurl.com/dAM\\_Kj](http://eepurl.com/dAM_Kj) or scan the QR code.



# Family Support Service

FOR PROFESSIONALS



CREATING OPPORTUNITIES

# Welcome to the Hertfordshire Family Support Service

Hertfordshire's Family Support Service is part of the Family Centre Service. We help families from pregnancy through to when a child reaches the end of Primary School (aged 11 years). Our purpose is to support children to have the best start in life, develop well and thrive.

**Our Universal offer provides all Hertfordshire families with the following support and guidance.**

- Free antenatal course.
- Parent Cafes including small drop in events and larger partnership events. Please make contact with us if you wish to have a stall at a café.
- Free, fun drop in sessions including Baby Group, Active Rhyme Time and Physical Fun.
- Support to access local Parent and Toddler Groups.
- Facebook and Instagram accounts full of useful parenting support and advice for parents and carers.
- Breastfeeding support and information on introducing solid food.
- Opportunity for a family to weigh their baby at our Self Weigh Stations.
- Vitamin collections.
- Family First Aid courses (there may be a small fee).

**For what's on in each district please visit:**  
[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)



**We are also here to support families when they face key challenges and are able to adapt our services to suit the family's needs. This is the range of support we have on offer:**

## Emerging Needs

**Isolation** – A tailored, short term intervention to support families who may feel they have a barrier to accessing universal services e.g: multiple births; first time parents with a lack of community links; English as an additional language; low confidence; social anxiety linked to mental ill-health.

**Speech and Language** – To support parents to enhance their child's speech, language and communication development through play. This could include signposting into age appropriate services e.g Early Talk. This is not for a child with social communication difficulties.

## Ready to learn (0 – 2 years and 3 years+)

– The aim of this support is to increase parents' knowledge and understanding of how they can best support their child's emotional and physical development, as well as supporting them to be curious and ready to learn in the future. Strategies will include building confidence, independence, communication skills and supporting transitions. The family will either be offered support individually or within an invitation only group.

## Family Cookery Session (Little Chefs) –

To support parents who need advice and guidance on managing a healthy lifestyle for their family. We can offer one to one support, in a small group or signpost to other appropriate agencies.

**North and East Quadrants** – Aimed at families with children aged between 15 months and 2 years - A 5 week course to support parents to get their children off to a healthy start. Topics covered will include portion control, sugar / salt / fat contents, Oral health, weight, physical activity and the importance of eating together.

**South and West Quadrants** – Signposting to the HENRY programme delivered by BeeZee Bodies - A structured 8 week programme (including a family time session), the group programme applies a solution-focused and strengths-based approach to build parents' skills and confidence in maintaining a healthy lifestyle.



# Targeted Family Support

Each family is different and has different needs. We can provide support to ensure improved life chances for children. Our support aims to increase family resilience, develop confidence and enhance skills through 1-1 support or parenting groups. Examples of what we can offer are:

## My Baby's Brain

Understanding the many ways to support the development of a baby's brain early in their life.

## Parental Emotional Wellbeing

Understanding the importance of their own wellbeing and how it has a direct effect on their children.

## Domestic Abuse

Understanding and recognising abusive behaviours and the impact of these behaviours on themselves and their children. Developing an understanding of healthy relationships and keeping safe strategies.

*This support is not offered to perpetrators of domestic abuse.*

## Supervision and Safety

Understanding how to keep as safe as possible within the home and in the community.

## Physical Health

Understanding all elements to support healthy development.



## Perinatal Support

Can be delivered from approximately 28 weeks pregnant to 1 year old; the support is designed around the family needs.

## Routines, Guidance and Boundaries

Understanding and implementing positive behaviour strategies.

## Protective Behaviours

- To support parents to manage their own feelings and behaviours; developing parents' frameworks for personal safety, self-esteem, resilience and confidence building. These sessions will include: exploring their own feelings, thoughts and behaviour; the two PBs themes and the Seven Strategies.
- To assist parents to understand their children's behaviour and work through relational struggles. Developing parents' awareness of the link between emotional wellbeing and behaviour is central to this intervention.

## Are you aware that we can support families who have an open Families First Assessment?

If you are supporting a family as the Lead Professional we will be making contact with you to see if there is anything we can offer to support families from our continuum of support options listed in this leaflet.